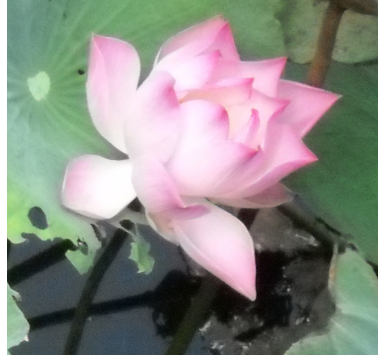


Silent Yoga Mini-Retreat - Open Lotus Yoga



Sunday, September 29, 2019

9:00am-12:30pm

with Liz Holt and Suzanne Ballantyne

Raleigh Yoga Center

619 Oberlin Rd. inside the Burnie Batchelor Building

Raleigh NC 27605

Except for instructions, the program will be held in silence.

Schedule: Please arrive at 8:45am for set-up & orientation
(tea/fruit provided).

Moderate flow yoga, Restorative yoga, Guided Meditation,
Art/Journaling as meditation. Healthy snacks included.

Depart in silence or stay a few minutes to reflect.

\$54.00

Pre-Registration by Friday, September 27 at 5pm or until sold
out -

only 10 spaces total!

All props and art supplies provided. You may chose to bring
your own mat and/or journaling materials.

Please email openlotusyoga50@gmail.com or call 919-971-1086