

Oct
17*

Come into your silence...
rest for awhile...

Unity by the Shore's First Annual Retreat

Please join us as we practice the power of mindfulness, meditation, prayer, yoga, and various mind/body modalities for moving into deep peace within

Saturday October 17th

9:00 - 3:00

\$30 for the day

Lunch provided

Vegan/GF options

Includes Yoga: Ageless Vitality

**\$15 per 15 minute session
(pre-registration required*):**

- Massage
- Thai Massage
- Reiki
- Angel Card Readings
- EFT Tapping
- Polarity



9:00-10:30 Intro, mindfulness talk and practice

10:30-10:45 Break

10:45-11:30 Prayer/Meditation

11:30-12:30 Lunch

12:30-1:00 Music

12:30-2:05 Healing modalities

1:00-2:00 Gentle yoga movement (no charge)

2:05-2:20 Break

2:20-3:00 Reflection and closing

****Must register to attend retreat by 10/10 (732) 539-3152***