

ASILOMAR MINDFULNESS, LOVING-KINDNESS & YOGA RETREAT


Saturday November 3, 2018
10am-4pm

To register: Call Rochelle 408-823-4671

Early Bird \$100 prior to October 12

After October 12 \$125

For more information go to
www.RochelleHallConsult.com
or www.karunainTEGRATIVEJOURNEYS.com



Meditation and loving-kindness practices help us meet the challenges in our daily lives. Gentle yoga brings together mind & body through movement. Join Rochelle Hall, LMFT, Corinne Collins RN, FNP & Deirdre English, RYT 500 in this day of centering and settling at the exquisite Asilomar Center (visitasilomar.com) in Pacific Grove, California. Opportunities will be provided for walking meditation by the sea.