**Yoga/Mindfulness/Meditation Day Retreat**

for Managing Stress and Anxiety

**Saturday, March 19th 2016 (also offered April 23rd)**

**9 am – 4 pm $75** (lunch included)

**Pathways of Light Wellness Center, Delafield**

Yoga, Mindfulness and Meditation have all been shown to help relieve stress and reduce anxiety. In this day-long retreat, you will learn tools to calm the mind and restore your body. Step out of your daily routine for a day, and let your body and mind experience peace and balance in a supportive group environment. We will practice yoga, meditation and mindfulness, all with a focus on relieving stress and anxiety. You will leave with the tools needed for an ongoing personal practice. Beginners and Experienced are welcome.

**For more information and to register, go to** [**www.themindfulnowmeditation.com**](http://www.themindfulnowmeditation.com)

**Lynne Smith,** Certified Meditation and Mindfulness Teacher

 Women’s Health Nurse Practitioner

Lynne is a board-certified Obstetrics and Gynecologic Nurse Practitioner with a Masters Degree in Nursing from the University of Wisconsin–Madison. She is certified through the McLean Meditation Institute to teach Meditation and Mindfulness, practices that are grounded in neuroscience and supported by extensive research proving their many psychological, physical and spiritual benefits. Lynne's own personal practice has transformed her life in significant ways, including the ability to navigate through life with inner peace. She is passionate about de-mystifying meditation and making it accessible to everyone.

**Kerry Duma,** Yoga Instructor, 500-hour Registered Yoga Teacher (RYT-500)

Kerry has been teaching yoga since 2003. Her classes emphasize a mindful approach to movement with optimal alignment, breath and inner awareness. Her goal is to help people connect with their body and its innate desire to be healthy and relaxed.

Yoga/Meditation

Retreat - Delafield

3/19 , 4/23 9-4

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