

YOGA RETREAT DAY

Saturday, March 20th

9:00am to 2:00pm

Whitewater Benedictine Community
8250 Kannah Creek Road

Annig Agemian Raley, CYT-RYT, will present a Yoga retreat day that includes meditation, breathing practices and awareness and mindfulness; and cultivates consciousness in the asanas (postures) so integral for the mind-body connection. Annig says: "Yoga crosses all boundaries of religious beliefs....It is a physical, mental and spiritual discipline that promotes eternal right effort in living and a deepening of one's religious beliefs."

Visit Annig's website <http://www.h2yoga.net> for more information about her approach to yoga practice.

Mats will be provided but participants may also practice the postures sitting in a chair.

Lunch will be served.

Suggested donation \$35.00.

Call 970-241-3847 or email [amatkannahcreel.c@,peoplepc.com](mailto:amatkannahcreel.c@peoplepc.com) for more information and driving directions.