

Body, Breath & Being

One Day Yoga Retreats

Yoga Practice Breathwork Meditation Ayurveda Nature

Two opportunities

July 24th , Aug. 7th , 8 am to 6 pm

Paul Smith's College VIC



Let go of the details of daily life and discover the peace and connectivity of your unencumbered being. Enjoy yoga sessions, breathwork, meditation, and unstructured time in a natural environment.

\$95 Includes a vegetarian lunch and snacks

The Scape Cafe, Deli & Catering

Located at Green Goddess
Natural Market, Lake Placid

Res. & Payment by 7/15 & 7/29



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