



Young Adult Mindfulness Retreat(s)



Veronica Greenfield began practicing to manage stress, anxiety & depression through high school. Veronica has been teaching yoga since 2013 & recently graduated with her Associates Degree in Visual Fine Arts.

Fridays 11a-3p

- #1 **Jul 28** Sign Up By 7/21
- #2 **Aug 11** Sign Up By 8/4
- #3 **Aug 25** Sign Up By 8/18

*Participating in all
will be empowering!*

All 3 \$240/\$80 per
All 3 Early Bird \$210 til 7/21
YBMembers All 3 \$165/\$60 per



Learn more at YogaBorn.com

Learn techniques to be calm, focused & self-aware! Improve memory retention & love the body you were born with!! Includes zentangle, yoga, mindful eating, meditation & breathing exercises. Bring yoga mat, lunch & notebook.

Contact YB to learn about financial assistance & age guidelines.

Bare feet in studio. **Silence** electronics. **Refrain** from wearing perfumes.
Arrive early, first time visitors must complete newbie form.

YogaBorn.com (860) 432-5678
Town Center Plaza 1735 Ellington Rd, South Windsor