

Spiritual Tune Ups

*A retreat for Your
Mind, Body & Spirit*



Join our Licensed Spiritual Practitioners for a morning to “tune up” your mind, body and spirit!

You will have a chance to eat healthy body-nurturing foods and practice meditation, and chanting, participate in gentle physical movement exercises, release mental blocks and receive individual prayer to support your next steps.

See how a morning together in community and consciousness can support you in reconnecting to your center and experience deep healing.

Saturday, September 8th 9:00 am - 1:00 pm
\$20 Donation

