Day of Renewal
Gentle Yoga, Meditation, Walking, Reflection
With Dorian Abel & Greg Schweitzer
And a loving community
In stormy times dive deep and experience the peace within.

Sunday, February 19
9:30 a.m. - 4:30 p.m.
Early Bird Fee (by February 11) is $115 or $125 thereafter.
A delicious, healthy lunch is included.

Healing Yoga
1397 E. Main St. (Route 724)
Douglassville
Greg Schweitzer, MBA, D.Ay., of Stress Reduction Resources, is an Ayurvedic Wellness Coach and a meditation teacher for 40 years. He was a health center director and teacher under the direction of Deepak Chopra, M.D.

Dorian Abel MS, RYT, is a Registered Yoga Teacher, Certified Yoga Therapist, Reiki Master, and writer on mind/body health. She is the owner of Healing Yoga in Douglassville.

For more information: 610.310.1479 (Dorian), or 610.670.6700 (Greg)
dorian@healingyogapa.com or Greg@StressReductionResources.com
www.healingyogapa.com or www.StressReductionResources.com

You can pay online at www.healingyogapa.com, at the studio, or send check to Dorian Abel, PO Box 13, Bechtelsville, Pa. 19505