

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 25

9:30 a.m. - 4:30 p.m.

Early Bird Fee (by February 10) is \$115 or \$125 thereafter.

A delicious, healthy lunch is included.

Healing Yoga

1397 E. Main St. (Route 724)

Douglasville



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, and Reiki Master-Teacher. She is the owner of Healing Yoga in Douglasville.

For more information: 610.310.1479 (Dorian), or 610.670.6700 (Greg)

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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