

Reset Retreat

Jan 5th 1-3PM



**Retreat fee: early bird \$40 before 12/28
(\$45 after 12/28)**

Register at balancedforlifeyoga.com

Zoom: email heather@resetrelief.com

In -person @ Balanced For Life Yoga
45 Berkley Rd. Devon, PA 19333

New Year, New Opportunity

Any moment we can choose to begin again. As we turn the calendar page to 2025 we are provided an opportunity to refresh and start anew, aligned with our innate wisdom and best intentions. The unknown is where all outcomes are possible: enter with grace.

Winter- nature's pause, directs us inward to connect with our body, heart and mind.

Feeling alive in 2025!

In this in- person & virtual mini retreat we will explore finding inner tools for rest and renewal so we have the energy to meet the challenges we face. As we slow down and “relax on purpose” we can learn to pause, rebalance and settle into ourselves, no matter the circumstances. The ability to self soothe as a modern day life skill is imperative in managing stress.

Our retreat time will include mindfulness, restorative yoga, tips for cultivating ease in body and mind, and of course some muscle balancing!

Self Care

Making time for caring for ourselves first is a powerful way to put our intentions into action. During this nourishing practice we will turn to ourselves with kindness, compassion, and grace filling our own well so we can extend this care to others.