

RESOLUTIONS IN MOTION

NEW YEAR'S DAY CONTINUUM RETREAT

WITH MEGAN BATHORY-PEELER

SUNDAY JAN. 1ST ~ 10 AM - 1 PM

BEGINNERS WELCOME. MASKS OPTIONAL. PRE-REGISTRATION REQUIRED BY 8:00 AM.

Join us for our 9th Annual **Resolutions in Motion** Retreat and embark on a **New Year** of collective repair, discovery, and growth!



In this morning retreat,
we will **slow down**
to more accurately
perceive ourselves in
the present moment.

With guided explorations of

- sound and silence •
- stillness and movement •
- art, language and dance •

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we will practice how to
surrender more gracefully
to change and reclaim
the power of choosing
how we respond to life.

Suggested Tuition \$50

If your current financial circumstances present an obstacle to you attending, please contact Megan.

For more info/to register: Megan Bathory-Peeler

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