



YOGA & MEDITATION Mini Retreat

Saturday, Nov. 18, 2017 - 9:30 AM – 12:00 PM

A retreat that brings together the mindful movement and breath awareness of yoga with the heart-opening, centering practice of meditation. This retreat will include yoga postures, walking meditation, seated meditation, and reclining guided relaxation.

Facilitated by Andy McDonald, RYT.

Fee: \$40 (register online at www.DallasMeditationCenter.com)

Dallas Meditation Center
810 W. Arapaho Rd, Suite 98
Richardson, TX 75080
972.432.7871

*(NW corner of Arapaho and West Shore.
Located on the back side of the complex)*



www.DallasMeditationCenter.com