

# Weekly Wellness Yoga Retreat

*Journey into healing through yoga, meditation and mind-body connection.*

Mondays 7-8:30pm

## **Benefits:**

Anxiety & Depression Relief

Sleeping Aid

Increase Self Understanding & Acceptance

Improve Focus & Balance

Build Strength, Endurance & Self Confidence

Enhance Relaxation



Located in Newport Beach ♦ Tuition of \$125 includes 5 weekly sessions & materials ♦ Limited enrollment



To register contact mental health professional and yoga instructor, Fawn Gonzales, LCSW, RYT-200  
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