



# A MORNING RETREAT HIKING & YOGA

TIME TO SLOW DOWN, PAUSE AND TAKE A DEEP BREATH  
TO COME BACK HOME TO YOURSELF.

*“Go outside. . . Amidst the simple beauty of nature. And know that as long as places like this exist, there will be comfort for whatever the circumstances may be.” ANNE FRANK*

Retreats are a sacred time we can give ourselves to remember what is most important and what we have forgotten in the midst of the busyness of life. They are a time to reflect and listen to those quiet longings for peace, time and space to be with ourselves.

Join Carly Carney for a morning of nature, yoga and good company that will start with a 3 mile hike in the Palos Forest Preserve, followed by a slow moving yoga class with meditation, breathing and self-reflection practices at the Beverly Yoga Center. The morning is intended to be deeply nourishing and will leave you feeling quiet, grounded and peaceful.

The retreat is open to all levels of students, however, it is helpful to be able to put weight on your hands and knees for yoga and be able to walk in comfort for about 60 minutes.

The cost is \$75 prior to March 15 and \$90 after.  
*Retreat is limited to 15 students.*

**SUNDAY  
MARCH 31ST**

**9:30 - 11:00am**

Hike in Palos Forest Preserve  
*Meet at Beverly Yoga Center  
in the CVS Parking lot.*

**11:30am - 1:30pm**

Yoga at Beverly Yoga Center

**1:30 - 2:30 pm**

Catered Lunch



**Beverly Yoga Center**

*May the practice of yoga and meditation cultivate kindness,  
compassion and care for your mind, body and heart.*

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