



Late Summer
Meditation Retreat
August 23rd from 11am-3pm

Join Dr. J for a refreshing meditative for the body and mind experience that will transform you! Dr. J will expose you to a variety of techniques that relieve stress and re-set the body (our temple of wisdom)

Give your self the gift of renewal, learn tools to harness for your future, and, feel as if you took a week off. Feel inspired, feel totally balanced and yourself complete! Organic Lunch will be provided and the cost is \$45/person.

Call Joy to pre-register at 941-487-7311