

Family Care Pharmacy & Yoga with Sharon

Presents

Friday Evening Retreat Series



February Friday Evening Retreat Series - 4 week series

The Friday evening retreats will be on Fridays, Feb. 8, Feb. 15, Feb. 22 and March 1. Time is from 6:00 - 8:00 PM. Retreat evenings will involve guided meditations, journal writing (bring your own journal and writing utensil), gentle yoga practice, singing bowls/music and breathing techniques. Tea will also be provided by Highland Tea Co. during each class. **Classes will be taught by Sharon Schmitz (200 Hr Certified Yoga Instructor)**

Rates for Mini Retreat Series

The four-week Friday evening retreat series is \$50 to sign up for all four weeks. By signing up for all four weeks of the series you will receive a small journal, sample size of tea to take home and a small essential oil gift. Registration must be in place by Monday, Feb. 4.

You can also sign up for one week, two weeks or three weeks - each week is \$15.

Sign up for classes through FAMILY CARE PHARMACY or by contacting Yoga with Sharon. Complete the form below and turn in at the Pharmacy or email information to Yoga with Sharon - yogawithsharonschmitz@gmail.com or call 618-792-4577 (leave a message).

Payment when you register or at the first session - cash, check (payable to Yoga with Sharon), credit or debit card.

Yoga with Sharon Sign-up Form

Name _____ Phone _____

Address _____

Email _____

Retreat Choice: ___ all four week (\$50 plus small journal, sample size of tea and essential oil gift)

OR ___ Feb. 8 ___ Feb. 15 ___ Feb. 22 ___ Mar 1 (\$15 for each week)

Health issues or concerns the yoga instructor should know:
