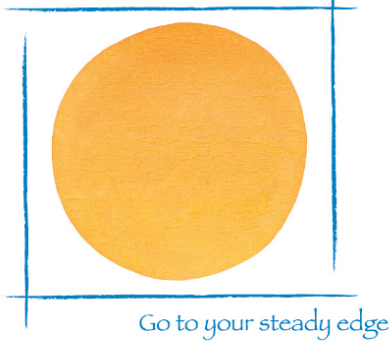


HITS THE SPOT YOGA™



# Hits the Spot Yoga Retreat/Benefit

## To Know Your Self

A Day-Long Yoga and Meditation Retreat/Benefit

with

Marc Cohen and Scott Willis

**Sunday, May 22, 2016 9am to 4pm**

With a presentation by

**Dr. Robert Nassau**

about Safe Haven

**Safe Haven**, a small Cambodian organization, provides intervention and support for children with disabilities and medical issues, allowing them the opportunity to access the medical and therapeutic resources they need in order to reach full potential, lead healthy lives and reach their highest level of personal independence.

**This workshop/retreat** is intended both for beginners and those who have experience with meditation and yoga. It will introduce newcomers to powerful transformative practices that can easily be incorporated into daily life, and it will renew and strengthen the practice of more experienced participants. You will emerge from this workshop/retreat with a renewed commitment to the daily discipline of self-care and self-nurturance that is so vital for a growing sense of happiness, peacefulness and well-being, and for the capacity to share these qualities with others.

**All proceeds** will be donated to Safe Haven.

Suggested Donation: \$55 - make checks payable to *Safe Haven Medical Outreach*

**Info and Registration:** Contact Scott (802) 257-1926 or [scott-willis@comcast.net](mailto:scott-willis@comcast.net)