



Emergence and Revitalize

A Women's Retreat

Saturday, February 6th: 9:30-5:00

As the holidays wind to a close and winter arrives in full force, we slow down and tend to hibernate, waiting for that first hint of spring. Take a day to emerge from hibernation, and find and ignite your fire. Get ready for the joys and challenges of the New Year, with a day of yoga, meditation, breathing, community, discussion and more. During the day, you will experience the sweetness of filling your well while accessing your focus and vitality. You will find your *spring* to take into your daily life. *Lunch Included*

Location: Embassy Suites; Galleria • 2815 Akers Mill Rd • Atlanta 30339

Cost: \$120.00 early payment; \$145.00 after January 6th

Facilitators:

Karen Bolt - Karen is a former intensive care and emergency room nurse with over 20 years of experience. She is a Reiki master, Embodiment® Yoga therapist, and is currently working toward her final certification as RYT and Meditation teacher.

Ellen Sichel - Ellen is a Certified Svaroopa® Yoga instructor, Embodiment® Yoga Therapist, Phoenix Rising Yoga Therapist, Vichara Practitioner and Meditation Teacher. She is also a former Executive Director of the Master Yoga Foundation.

Name: _____

Address: _____

Phone: _____ **E-Mail :** _____

***Pay by check or credit card:* Sichel-Bolt Enterprises, LLC • PO Box 567074 • Atlanta, GA 31156**

770-313-6162 • www.sichelbolt.com.com