

Spring Cleaning Silent Retreat



With

Dr. Marcel Ringawa, Sujata Ringawa & Arlene Myers

Join us for an inner spring cleaning of the mind, body and spirit! Spring is the perfect time to plant seeds for a new season of growth and renewal. The reflection and repose we've stored inside during winter hibernation enriches the soil for creating fresh, new perspectives.

Taking time to bathe in silence always yields fruitful results, and this half-day mini-retreat format is designed to give us a do-able and yet meaningful opportunity to turn within and step out of our usual routines. It contains a well balanced mix of contemplative solitude, guided meditations, gong meditation, gentle hatha yoga stretches & breath exercises.

A nutritious snack will be served at the conclusion of the program.

When: SATURDAY, APRIL 10th, 2:00-5:00pm

Where: Acupuncture & Associated Therapies, Deer Crossing Upper Level, 681 Falmouth Rd.

Fee: \$50.00 or 10% discount (\$45.00) before April 1st.

Registration: Call 508 539-0299