

**A Mini-Retreat Right Here in Norwalk!**

**Saturday, November 11, 2017**

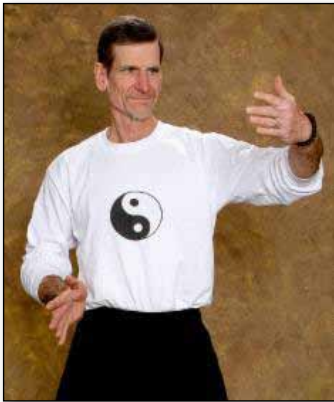
**3:00-6:00 pm**

St. Paul's on the Green Church  
60 East Avenue, Norwalk, CT 06851  
in the parish hall under the church



# Finding Balance and Inner Peace

A Workshop for Self-Care in a Challenging World



Bill Wrenn:  
**MOVING HARMONY  
QIGONG**

Enjoy the benefits of *Qigong*, the ancient Chinese practice of “moving meditation,” a nature-based practice for tranquility of body and mind.



Audrey Cozzarin:  
**YOGA IS THE NEW  
COMMUNITY**

We'll focus on the many spiritual and physical benefits of *Hatha Yoga*; Healthy & Sustainable Nutrition; and Being in Tune with Community and Planet.



Karin Reetz:  
**SOUND THERAPY**

Karin brings the restorative sounds of multiple Tibetan Singing Bowls with profound healing vibrations, *Jin Shin Jyutsu*, and *Reiki* for healing and balance.

**Find Welcome:** This is a workshop designed to bring healing and centering for all adults.

**Find Practice:** Experience ancient ways to bring peace, balance, and harmony into your life right now.

**Find Inspiration:** Bring this peace into the community and larger world.

**Finding Balance and Inner Peace**  
A Workshop for Self-Care in a Challenging World

**\$35** per person.

Payment by check or cash at the door.

Plan to arrive 10-15 minutes early to check in and get seated.

Bring your yoga mat(s) and small pillow(s) for sitting comfort and lying down.

A refreshment break with healthy herbal tea and organic snacks will be provided.

**Space is limited!**

**Reservations are required. To RSVP** and for further information, contact Audrey Cozzarin at [cozzarin@snet.net](mailto:cozzarin@snet.net)