



Women's Evening Retreat

A photograph of a woman in a red leotard and white sneakers practicing a downward dog yoga pose on a sandy beach. The background shows a beautiful sunset over the ocean with a small boat visible on the water. The title 'Women's Evening Retreat' is overlaid in large, white, cursive script across the center of the image.

RIVER ROOM
1218 13th Avenue
Grafton, WI 53024

Wednesday January 23rd 2019

5:00

Tea, Conversation
& Create Your
Personal Essential
Oil Blend

5:30

*Yoga & Mindfulness
Practice led by Laura
Borg, Coach &
Instructor*

6:30

*Celebration Hour-
Appetizers,
Beverages and
Conversation*

7:30

Event Concludes

We invite you and a female guest to join the women of Crescendo in celebrating 2018 and setting your intention for 2019. This mini retreat will include a gentle, all levels yoga practice and mindfulness session followed by conversation with an amazing group of women. Guests are encouraged to wear comfortable, work-out clothing and to bring along a yoga mat. (We will have a small quantity of mats available for guests who do not have a mat.)

Please RSVP at www.crescendowm.com/events