

# WOMEN'S SPIRITUAL SPA DAY



This nourishing retreat day will include various forms of prayer and mindfulness meditation.

We will come together to practice breathing techniques, gentle movement, eating, walking, art and journaling. Lunch is included.

**Saturday, July 9, 2022 from 10 a.m. - 3 p.m.**  
**\$50-\$60 as you are able**

## Presenter: Isabel Gachko

*Isabel completed 200 hours of yoga teaching and is a certified mindfulness meditation teacher.*



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[www.msmhope.org](http://www.msmhope.org) - [msmhope@msmhope.org](mailto:msmhope@msmhope.org)  
Facebook and Twitter

## Registration is Required

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Please enclose your **\$50-\$60 per person Registration Fee** and mail to:  
Mount Saint Mary House of Prayer, 1651 US Highway 22, Watchung, NJ 07069

**Women's Spiritual Spa Day- July 19, 2022**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_