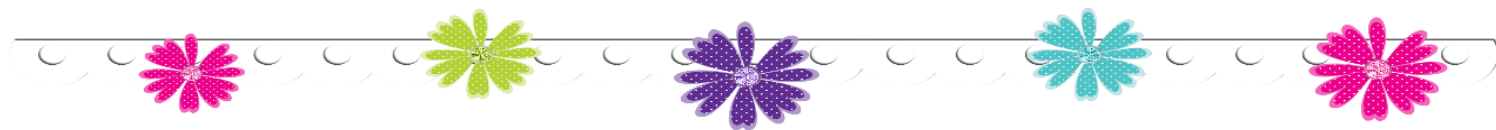


WOMEN'S SPIRITUAL SPA DAY



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.



1651 US HIGHWAY 22
WATCHUNG, NJ 07069-6587
(908) 753-2091

www.msmhope.org - msmhope@msmhope.org
Facebook and Twitter

Registration is Required

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: _____