



BODY, MIND, AND SPIRIT

A DOK Retreat

— GET CONNECTED —

Sponsored by the Hawaii Diocese Assembly
Daughters of the King

BODY: Yoga

MIND: Scripture Reflection & Tea

SPIRIT: Guided Meditation w/Essential Oils

Eucharist, Quiet Lunch, and more!!!

\$10.00 per person or \$15.00 for two people

To register: dokhawaii825@gmail.com

AN EPISCOPAL WOMEN'S RETREAT

PARISH OF ST. CLEMENT

1515 WILDER AVENUE

SAT., SEPT 10, 9A - 2P



BODY, MIND, AND SPIRIT
A DOK Retreat

body



y o g a

ALICE SIGNAIGO

mind



scripture

S.KALA HOLDEN

spirit



essential oils

JESSICA STACK



meditation

JENNY WALLACE

For more info: dokhawaii825@gmail.com

for living with less plastic

BRING YOUR OWN



sunshine



bring a bowl and
spoon for lunch



pack a tea cup
and saucer



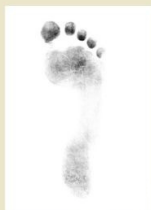
if you have one,
your own yoga mat
or towel



reusable
water bottle



skip the plastic
by using a reusable
snack pouch



reduce your carbon footprint