



Presented by
The Healing House

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CHANGING THE WORLD
ONE BREATH AT A TIME

THE HEALING HOUSE'S SCHEDULE

March 3	11 AM - 12 PM 12 PM - 12:30 PM	Meditation and Vinyasa Yoga Healthy Snack provided by Brook Napier
March 23	6:00 PM- 7:45 PM	Sunset- Drink and Glow Yoga @ Stuart Beach
March 31	11:00 PM - 12:00 PM	Get Ready For Summer: 3/3 Three Exercises and Three Healthy Eating Tips by Barrington Bishop
April 14	11:00 PM - 12:00 PM	Meditation and Vinyasa Yoga
April 28	11:00 PM - 12:00 PM	Art Therapy

DOES YOUR CHILD HAVE TEST ANXIETY? LET US HELP YOUR CHILD STRESS LESS ON THE TEST!

Sign up to help your child learn to become emotionally prepared to take the FSA test.

- ✔ Stress Coping Skills
- ✔ Meditation & Mindfulness
- ✔ Visualization
- ✔ Academic Test Vocabulary
- ✔ Yoga
- ✔ Crafts

4 WEEK SESSIONS BEING OFFERED:

SESSION 1:

4/6, 4/13, 4/20, 4/27
10:00 - 11:00 am Or 11:15 - 12:15 pm

Grade Levels: 3-5 | **Cost:** \$250.00



Downtown Stuart 30,
SW Seminole Street, Stuart, FL 34994

YOGA AND MEDITATION RETREAT

SEPT 7th AND 8th
10:30 AM UNTIL 10:30 AM

KASHI ASHRAM-SEBASTIAN, FLORIDA

INCLUDES LUNCH, DINNER, AND
BREAKFAST, PUJA FIRE, SILENT TIME

- \$285 DORM STAY
- \$300 SEMI PRIVATE ACCOMMODATION (2 OR 3 BEDS TO A ROOM)
- \$310 PRIVATE SINGLE ROOM AND SHARED BATH
- \$320 PRIVATE SINGLE WITH BATH
- \$310 DOUBLE ROOM WITH BATH PER PERSON
- \$330 DELUXE DOUBLE PER PERSON
- \$225 CAMPING RATE
- ONE DAY \$175