



*An invitation to take time for
retreat during the Fall Equinox
season for Meditation,
Mindfulness, and Movement.
To refresh and renew, and
deepen our connection to our
inspirational selves.*

Harvesting Our Innate Gifts

Friday, September 20, 7-9 p.m.;
Saturday, September 21,
9 a.m. to 5 p.m.

Offered at a stream-side residence in
Idyllwild; space is limited. For more
information and to register, contact
Valerie Velez, (951) 392-6507;
kyoshinvelez@gmail.com
\$65 suggested donation for full event