



RETURN TO YOUR RADIANCE:

## A NEW YEAR INTENTION WORKSHOP

WITH TRISH OF YULE GLOW  
AND AMANDA

A night of invigorating yoga flow, breath work,  
meditation, sound healing and guided journaling.

*Friday, January 2<sup>nd</sup> 2026*

*6 - 7:45 pm*

*Cluett Hall*

*295 Stewart Ave, Garden City, NY 11530*

STEP INTO THE NEW YEAR FEELING ALIGNED

SCAN THE QR CODE FOR DETAILS

