

# women's mini retreat

Saturday, Feb. 8, 2020

9 a.m.- 1 p.m.



MEDITATION &  
MINDFULNESS

GENTLE  
YOGA &  
PRANAYAMA

CRAFT  
MAKING

EMPOWERMENT  
& SHARING

SPONSORED BY THE MISSION MICRO GRANT & THE WRITING CENTER  
FACILITATED BY CINDY SPIRES, YOGA TEACHER & COORDINATOR OF THE WRITING CENTER

Pre-registration deadline: Friday, January 31, 2020 at NOON

Visit or use QR code: <https://forms.gle/tYFu8z8XuWzXaa4d9>

*Space is limited to the first 15 registered. A waiting list will be kept.*

*A confirmation of registration email will be sent to participants  
with location information.*



Email questions to [spirescc@udmercy.edu](mailto:spirescc@udmercy.edu)



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