

## 2019 Workshops and Programs

Yoga Adventure  
March 22—25, 2019

Dynamic Neural Retraining System  
May 13—May 17, 2019

Spark the Spirit Retreat  
May 25, 2019

Bliss of Mindfulness  
June 22—23, 2019

Casting for Life  
July 18—21, 2019

Spark the Spirit Retreat  
June 15, 2019

Dynamic Neural Retraining System  
October 07—11, 2019

Reflect and Renew Retreat  
October 18—20, 2019

