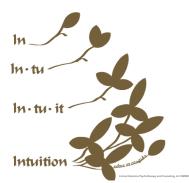
Stepping into Your Authentic Self: A Virtual Day Retreat



Do you feel as if you are just skimming the surface of your life's potential? Are you yearning for a deep connection to your true, authentic self? This retreat will help you: identify, become attuned, nurture and access your authentic self.

Participants will be come more aware of:

- the wisdom of their body
- the landscape of their mind
- their soul (or spirit) as their most intimate and trustworthy companion and reliable personal sanctuary
- the benefits of a unified functioning of their body/mind/spirit



Date: Saturday, August 8, 2020 Time: 9:00 a.m. - 5:00 p.m.

Price: \$120

Virtual Retreat via Zoom Video Conference

Early Bird Special when Registered by Sunday, July 12, 2020

Register Today! Visit www.riverwarrioryoga.com or call Fletcher D. Johnson, RYT 410-708-2798 for more information

Retreat guided by: S. Ileana Lindstrom, M.Div., Ph.D. Licensed Psychologist, Psychotherapist, Consultant, Spiritual Director, and Owner of Liminal Solutions Psychotherapy and Consulting, LLC 410-699-0093 . https://liminalsolutionspsychotherapy.com/lsp

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