

# 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.riverwarioryoga.com](http://www.riverwarioryoga.com) or call Fletcher D. Johnson, RYT 410-708-2798 for more information

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**Liminal Solutions**

Psychotherapy and Consulting, LLC

Retreat guided by:

Fletcher D. Johnson, RYT

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410-778-2798



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