



Yoga and Our Mothers

A mini retreat for men and women
The Sunday after Mother's Day
yoga, inspiration, writing and memories

Our mothers are spiraling blossoms deep in our psyches. Whether our experiences were hurtful or happy, this mini retreat will be an honoring of our mothers, carrying us towards more freedom through forgiveness, humor, and gratitude.

We'll practice yoga at Yoga Center of Marin in Corte Madera, followed by writing and remembering in the adjacent Park, a blessing way, and then a delicious veggie meal together.

"have patience with everything unresolved in your heart and try to love the questions themselves...then perhaps you will gradually... live your way into the answer." Rainier M. Rilke

Sunday May 17th, 3:30 PM to 7:30 PM

You may sign up by sending your check to
Laurel Houghton, 465 Oak Manor Dr., Fairfax, CA, 94930, or at the Yoga Center.
Pre-registration required by May 11th. Early Birds Before 5/11: \$35 or after 5.11, \$45

Laurel Houghton

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