



## Wellness Forum Health



Friday January 19th  
5:00-7:00pm  
Saturday January 20th  
9:30am-3pm



## ~Time for ME Retreat~

facilitated by  
Joy Lawrence, RAP, LMT, RYT

\$99 for members/\$119 for non-members

### Wellness Forum Health

510 E. Wilson Bridge Road  
Worthington, Ohio 43085  
614.841.7700

**Need a little time to reconnect with YOURSELF?**

**Tending to the needs of others, but forgetting your own SELF-CARE?**

**Using the ancient practices of Yoga and Ayurveda, this retreat  
is designed to help take care of YOUR most important asset: YOU!**

**\*Register/pay by Wednesday, January 17th\***

**\*Take home handouts & recipes for self care included\***

- ° Friday ~ 5:00-7pm ~ Join our regular Friday Hot Yin Yoga practice to help set the stage for our self-care journey. The combination of slow/deep stretching yoga and heat assist in letting go of tension and tightness. It is like giving yourself a massage. Healthy snacks will be served afterwards so all you need to do is go home and rest. A simple Ayurvedic questionnaire will be given to take home, complete, and bring back in the morning. We will be examining self-care through a perspective that is 5000 years old.
- ° Saturday 9:30-10:45am ~ We will start the morning off with a yoga practice that complements the winter season using a combination of yoga poses, breath work and meditation.  
10:45-11am ~Break~  
1:00-12:00pm ~Understanding the 6 Tastes of Ayurveda~  
12:00-12:45pm ~Lunch provided based on WFPB Ayurvedic cooking~  
1:00-2:15pm ~Dinacharya: Creating a daily ritual/routine for yourself~  
2:15-3:00pm ~Ayurvedic tea for digestion and creating your personal affirmation~