

Restorative Yoga Mini-Retreat

for Teachers and Educators



Friday, June 23
from 4:30 to 6:30
at

**The Spiral Goddess Collective,
A Center for Mind/Body Movement**

16 State St, Bangor, ME

Please pay what you can \$15-\$45



Guided by: Rori Knott, LCPC, RYT
with assistance from Sarah Hentges, Ph.D., RYT-200



Our community of teachers and educators has given so much over the past several years; the ripple effects of the pandemic linger in our bodies, minds, and memories. We have been present for our students, but have we been taking care of ourselves?

We invite you to step aside from stress and overwhelm and to consider beginning a regular practice that allows movement towards thriving. We aim to honor teachers and educators through an experience of calming, comforting, soothing yoga movements and restorative postures that will enhance resilience, open the heart, and bring ease to the mind, body, and spirit. *Can you be present for yourself for these few moments? Can you offer yourself an opportunity for relief?*

For questions or to reserve your space, please contact Rori at roriknott@gmail.com.

For more information about The Spiral Goddess Collective go to www.thespiralgoddesscollective.com or email Sarah Hentges at thespiralgoddesscollective@gmail.com. See our schedule and classes on the Mindbody App →

