



free!
ONE DAY
yoga & wellness
RETREAT
for cancer survivors

Join us for a day to tune in and be still within yourself as well as connect and share with others. Enjoy an array of self-care practices designed to leave you feeling nourished and with a renewed sense of how to serve your best self!

**first time,
 beginners, and
 experienced yogis
 ALL WELCOME!**

new date:
Sat. Mar. 28
9am-5pm

LOCATION:
JAKES OF LAKELAND UNIVERSITY
529 ONTARIO AVE, SHEBOYGAN

a day of self care

- Yoga 101:** Intro to Yoga and Beginner's Mind
- Energizing Yoga Flow:** Balance Body & Breath
- Healing Vibrations:** feel the peaceful and grounding effects of sound
- Self Study-Self Care:** Time to reflect on what fills you up and brings balance to your heart.
- Creative Flow:** Block Printing & mindful expression
- Labyrinths:** Walking meditation for finding calm and setting intentions
- Gentle Yoga and Yoga Nidra:** Relaxation techniques for deep rest.
- Catered Lunch provided!**
Tea, snacks, and catered lunch included

RSVP: CONTACT TIM AT 920.457.2223 OR TRENZELMANN@PHYSHEALTHNET.COM
 RSVP BY MAR. 20 EARLY BIRD REGISTRATION BY MAR. 10

Gentle Yoga for Cancer Survivors! RETREAT!



Join us for this ST&BF
Gentle Yoga
Anniversary Retreat!

**Saturday, March 28th
9A to 5P**

**Jakes of Lakeland University
529 Ontario Ave., Sheboygan**

Join us as we celebrate 16 years of “Survive, Thrive & Be Fit” and our first “Gentle Yoga for Cancer Survivors” in this **FREE** daylong yoga retreat!!

AGENDA (Tentative, Approximate)

- 9:00 am Yoga 101, Active Yoga, Breathwork and Meditation
- 10:30 am Introductions/Setting Intentions
- 11:00 am Snack/Tea Break
- 11:15 am Reflection/Worksheet/Journal and Share
- 12:30 pm LUNCH (Provided)
- 1:15 pm Creative Flow: Block Printing/Mindful Expression w/Craig Grabhorn
- 2:45 pm Labyrinth/Walking Meditation
- 3:15 pm Break
- 3:30 pm Gentle Yoga
- 4:30 pm Share and Closing

First time, Beginner, and Experienced Yogis ALL WELCOME!!!

RSVP by March 20th REQUIRED! Early Bird Registrants (by March 10th) Will Receive a Special Gift! NOTE: Rescheduled event from February 7th!

TO RSVP: Contact Tim at 920.457.2223 or trenzelmann@physhealthnet.com



*Read the most recent
Local Cancer
Community Update at
www.scccf.org/events
(or talk to Tim)!*

The Sheboygan County Cancer Care Fund is a “Beacon of Hope” for cancer patients and survivors of Sheboygan County, offering financial “Gestures” and healthy “Survive, Thrive & Be Fit” activities to eligible community members! To learn more: visit www.scccf.org or call 920.457.2223