

From Embers to Bloom **SPRING MINI-RETREAT**

PLEASE JOIN LARISSA AND NISHA FOR THIS SPRING MINI-RETREAT THAT FOCUSES ON TRANSFORMATION & RENEWAL, INVITING YOU TO HONOR THE GENTLE TRANSITION FROM WINTER'S QUIET TO SPRING'S AWAKENING.

THROUGH INTENTIONAL YOGA, RESTORATIVE REST, SOUND HEALING, REIKI, GUIDED REFLECTION, AND A CLOSING TEA RITUAL, WE CREATE SPACE TO RELEASE WHAT HAS SETTLED, TEND WHAT HAS BEEN QUIETLY GROWING, AND WELCOME WHAT IS READY TO EMERGE.

COME PREPARED TO MOVE, BREATHE, RECEIVE, REFLECT, AND SIP TEA IN COMMUNITY AS YOU ROOT INTO RENEWAL AND STEP FORWARD WITH CLARITY AND EASE.

SUNDAY

MARCH

22

2026

2- 4 PM

West End Yoga, 2313 W. Highland Ave., Allentown,
PA 18104

See you there

**\$40 FOR THIS EXPERIENCE.
FOR MORE INFO AND TO
REGISTER GO TO
www.weyogacenter.com**

