

Haven Acupuncture & Wellness

Blue Ridge Mountains Meditation Retreat



Overview

Join **Haven Acupuncture & Wellness** for a small group excursion to Asheville, North Carolina to immerse yourself in the restorative magic found in the Blue Ridge Mountains. Hosted by the folks at the OM Sanctuary we will experience mindfulness and bring balance to our body - mind- spirit while nestled within the 54-acre mountain retreat center.

Reconnect to yourself and nature!

DATES

August 9th - 12th, 2018



HIGHLIGHTS

Feel more grounded, refreshed and revived after a weekend of yoga, hiking, meditation, sound healing, workshops and nourishing organic plant-based meals.

Radiance Qi Gong

A moving meditation practice which promotes peace and presence and invites you to deepen your inner awareness. As the process unfolds, you will have the opportunity to gain greater emotional balance, mental clarity, and physical harmony.

Yoga and Sound Healing

Using live music as a guide, this Hatha yoga class incorporates breathwork, mantra, and yoga postures to cultivate inner strength and serenity.

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Contact for more information today!

For pricing, accommodation options, dietary requirements and other information please contact: valerie.overby@havenacupuncture.org