

WELCOMING EVERYTHING: *Experience Harmony*

with Linda Ries, RYT 500, Certified iRest Yoga Nidra Instructor
Sandpoint Sangha's Yearly January Retreat



**Come meet, greet, welcome and
engage all aspects of being**

- Being Here Now: The mystery transforming into the beauty of a life fully lived.

“Welcome Everything, Push Away
Nothing” Frank Ostaseski

- Find a place of calm amidst the storms of life.
- Take home practices and interventions that allow you to work with whatever arises in your life in skillful ways.
- Deepen into knowing and embodying qualities of our essential Buddha Nature.

**Sat. Jan. 26, 2019
9:00 – 5:00**

**Sliding Scale \$45.00 - \$60.00
+ dana (donation) for Linda**

**At: Heartwood Center,
615 Oak St., Sandpoint, ID**

Participants should bring a sack lunch

To Register:

**Send your name, contact info
& check to:**

**Sandpoint Sangha
PO Box 2371
Sandpoint, ID 83864**

**If you have questions, call Carol
208 290-2970**

***“There is nothing in a caterpillar
that tells you it’s going to be a butterfly”***
Buckminster Fuller