

Save the Date....



For a day of Self-Care, Relaxation,

Information and Inspiration...

The Wellness Retreat

Saturday, October 23, 2010

Roselle Catholic H. S.

350 Raritan Rd, Roselle , NJ 07203

Workshops: Intro to Energy Awareness (Pranic Healing), Seasonal Health Care, Tai Chi, Creative Play and the Unergi Way, Chanting-Nada Yoga ,Cooking with Whole Foods, Healing with Nature, Movement & Meditation, Intro to EFT, Understanding the Endocrine System, Aromatherapy, Private Spiritual Directions Sessions available throughout the day.

**Keynote Speaker : Peeka Trenkle... Herbalist, Homeopath,
Teaches Green Medicine @ NY Open Center**