



Saturday February 6th

9:00am-Noon

@ St. Joseph Parish

YOGA RETREAT

Be Blessed Wellness presents this Catholic spirituality & yoga retreat to cultivate spiritual wellness and deepen youth's relationship with themselves, God, and others in mind, body, and spirit.



Retreat will be presented to all High School students by Gretchen M. Baumgardt, M.Div., Ph.D., CYT-200 of *Be Blessed Wellness*.

**** Does not count as a Confirmation Retreat.**

Retreat is free for participants from SJP / \$20 retreat fee will be applied for participants outside of SJP

<https://forms.gle/FBYDNI9q3Dgf8HR7>