



Mindful Yoga & Meditation for Self-Care

A Two-Part Retreat Series with Gina Puccinelli & Katie Dutcher
In collaboration with Yoga Center of Carmel & Monterey Bay Meditation Studio

Give yourself permission to make your practice your own, releasing judgement to explore a sustainable and adaptable practice that nourishes and supports you. In these retreats, flow between stillness and movement with yoga and guided meditation. You'll learn a variety of practices to accommodate your needs for self-care, and you'll receive support in integrating these practices into your life according to what serves you in each moment, accessing peace amidst the noise and hustle.

Sept. 23, 12:30 – 4:30 | *Cultivating Peace & Harmony Within*

Oct. 14, 12:30 – 4:30 | *Nourishing Peaceful Presence in Everyday Life*

While each retreat can be an independent unit, this series allows you to learn practices, take time to integrate, and then return to deepen your experiencing.

\$60 early registration | \$70 at the door

To register, email yogacarmel@aol.com or go to
www.montereybaymeditation.com

We are committed to making these retreats accessible to all!

The yoga practices will incorporate choices and modifications to be accessible for all bodies. Chairs and props will be provided. Meditation will be presented and guided in a way that's suitable for beginners as well as experienced practitioners. Please get in touch if you have questions about whether this retreat will be beneficial for you.

Teachers:

Gina Puccinelli considers promoting nourishment of the mind, body and spirit to be her life's work. Her gift is honoring the divine being within each individual by encouraging them to recognize their inner light and unique authenticity through daily self-care techniques and practices. She is a Certified Yoga Teacher (700 hours), a Certified Massage Therapist, and a Medical Exercise Specialist, and offers private, in-home movement therapy. beyondyoga.me

Katie Dutcher is a Qualified Instructor of Mindfulness-Based Stress Reduction, and a founding teacher at Monterey Bay Meditation Studio. Katie has a passion for serving others by introducing the practices of mindful awareness which can lead to a more peaceful and fulfilling life. She teaches with various community organizations, and coaches private clients in applying mindfulness and self-compassion in their daily lives. katedutcher.com