

EARTH DAY MINI-RETREAT at Sky Pond, Apex, NC

April 22, 2023
1:00pm-4:00pm



A time to rest, reflect, and give gratitude

Outdoor Gentle Yoga

Filtered Water, Tea, Coffee

Guided Meditation

Variety of Desserts

Restorative Yoga

\$40

(vegan options)

Contact Karen Parrish to Reserve Your Spot

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