

# Renew SELF:

Strength, Energy, Life, Freedom.



Renew your strength & energy and gain more freedom in your life! Join Susan Fenimore, MS, Yoga Teacher & Certified Open The Door to Tai Chi instructor at Sky Pond, Apex, NC for a 3-hour introductory retreat for women over 50 years young!

Enjoy a session of Chakra Yoga where we will explore all 7 major chakras through yoga postures designed to enliven and strengthen each energy center bringing renewed energy to mind, body & spirit.

After a short break and a refreshing walk around the peaceful pond, we will settle into an outdoor space to learn & practice some easy Qi Gong and Tai Chi movements to experience our internal energy (known as chi) while also connecting with the chi/energy of nature.

**April 26, Wednesday, 9:15am-12:15pm, \$75 due to Susan by 3/29. Email or text to hold your spot & for more registration details: [susanwfenimore8@gmail.com](mailto:susanwfenimore8@gmail.com) or 919-880-4306.**

Please arrive between 9 and 9:15am to get settled in; this is an intimate venue, capacity is limited to 8 participants. No refund other than in the event of illness (50%). No one will be turned away for lack of funds! Please ask for sliding fee pricing if needed.

**Location: Sky Pond, 118 Rocky Rd., Apex, NC**  
**[www.skypondnc.com](http://www.skypondnc.com)**