

# AUTUMN TUNE UP MINI-RETREAT WITH PETRINA PLECKO

## SATURDAY, OCTOBER 12, 2019 • 2:00-5:00PM

Our beloved guest teacher Petrina returns for this mini-retreat! Adjusting our routines and lifestyle choices with the changing seasons is the simplest way to maintain our well-being. In this afternoon retreat Petrina will combine the healing benefits of therapeutic yoga, Ayurveda and meditation for a calming effect that will prepare your mind, body and Spirit for the cooler season.

This tune up will include:

- Recognizing imbalances associated with the seasonal changes and simple tools to correct them.
- Yin & Deep Restorative Yoga sequence for fortifying immune health calming the nervous system.
- Yoga Nidra and guided meditation.

This afternoon is open to all levels of yoga experience. Please wear warm Autumnal colors if you feel inspired to do so.

Exchange: \$55 Early Bird by Oct 9th, or \$65 from Oct 10th to the Day of Oct 12th

Petrina Plecko was first introduced to yoga when she was 16. She is a former modern dancer who, after a debilitating car accident, immersed herself in studying the wisdom traditions, primarily yoga, Eastern & Western healing arts (Shiatsu, Acupuncture, Chinese Medicine, Ayurveda, herbal medicine, culinary therapy) and meditation (Vipassana & Shambhala).

Over the last 20+ years she has assisted hundreds of people of all walks of life to regain the balance of body-mind-spirit as a full time yoga teacher and therapist.

She is known for her precise teaching style, passionate presentation and her sense of humor. In her classes, private sessions, workshops and retreats she blends a wealth of knowledge and experience to create a safe, dynamic and transformative practice for her students to inspire more vibrant and conscious living.



**Sacred Spirit Yoga and Healing Arts Center**  
At South Presbyterian Church  
343 Broadway, Dobbs Ferry, NY 10522  
[sacredspirityogacenter.org](http://sacredspirityogacenter.org)

