



## LYME SUPPORT YOGA RETREAT

with Lea Smith, RYT 500

Camden Whole Health Yoga Studio

Join Lea Smith in exploring how yoga, relaxation and group support can bring peace and clarity during lyme disease. This retreat will include group discussion, gentle yoga, guided breathing and relaxation, meditation and reflection time. The retreat will end with a discussion on how to take these practices out into daily life.

**When:** Saturday, January 13th from 2-4pm

**Where:** Camden Whole Health Yoga Studio

**Cost:** \$30 (*please inquire about financial assistance if needed*)

Please bring water and a mat if you have one. There will also be mats and blankets provided. Wear comfortable clothing to move in. Space is limited to 15 people, pre-registration required.

To register contact Lea Smith: [lea.smith1995@gmail.com](mailto:lea.smith1995@gmail.com) or 207-975 2082