

RESOLUTIONS IN MOTION

NEW YEAR'S DAY CONTINUUM RETREAT WITH MEGAN BATHORY-PEELER

THURSDAY • JANUARY 1, 2026 • 10 AM-2 PM

What would you like to have happen?

A CLEAN START!

SLOW DOWN
INCREASE AWARENESS
RESIST LESS
ENJOY LIFE MORE
PRACTICE DEEP LISTENING
THIS IS CONTINUUM.

BEGINNERS WELCOME. REGISTER EARLY TO SECURE YOUR SPOT.

4-hour sacred investment: \$30-\$75 sliding scale

More information or registration: **Megan Bathory-Peeler**
email: megan@somanautiko.com • call/text: **413.772.0078**



COMMUNITY YOGA

16 FEDERAL STREET, 2ND FLOOR, GREENFIELD, MA
WWW.COMMUNITY-YOGA.COM

COMMUNITY YOGA & WELLNESS CENTER IS A SCENT FREE SPACE

