

Deep Rest

**A 5-hour silent retreat at
Yoga Center, Santa Cruz**

WITH JIM GALLAS

This silent afternoon retreat includes a 20-minute Qigong sequence, restorative yoga, walking, standing and seated meditation (you can sit in a chair), creating a space to settle into silence with presence and ease.

Sunday, August 23

1:00–6:00pm

\$ 100		\$125 non-members
		\$75 low/fixed income
for members		

All levels are welcome!



To reserve your spot:
Zelle @831-345-5167 or
PayPal jim@relaxedfocus.net
with a note referencing “Rest”

More info: Jim@RelaxedFocus.net



Jim Gallas has over 30 years of experience teaching yoga, Qigong, & Shiatsu. He has led numerous Days of Silence & teaches at Esalen Institute, in Sayulita, Mexico & through RelaxedFocus.net.