



**Sunday ~ September 7, 2014**

**2:30—5:30 PM**

***STESS! Let It Go So You Can Flow!***

**Presenter: Shirley Nelson**

*“A woman in harmony with her spirit is like a river flowing. She goes where she will without pretense and arrives at her destination prepared to be herself and only herself”.*

*~ Maya Angelou*

Join us in the Circle for the final retreat from the series on “The Art of Stress Relief”.

We will review various aspects of releasing stress that were presented this year and enjoy a ritual to release that which currently abides in our spirit that causes stress and unrest.

**Retreat Location**

26210 Emery Road, Suite 103  
Warrensville Heights, OH 44128

**Questions?**

Phone: 216-978-2626 or

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