

# Amidst the Trees Restorative Workshop

November 17th • 10am-5pm

Yoga Center Retreat in St Louis Park



Amidst the Trees is a group of psychologists and healers who create restorative experiences for those who would like the opportunity to refill their cup. You will leave this workshop feeling, restored, reorganized, and renewed!

Sign up and learn more at  
<https://theyogacenterretreat.com/workshops>



Join us for a day of self-care and inner healing at the **Yoga Center Retreat in St Louis Park, MN, on Sunday, November 17th!** This workshop involves connecting with nature, exploring what is “stuck” within, self inquiry, gentle movement, and realigning with yourself.

**Everyone is welcome!**

4212 Park Glen Rd, Saint Louis Park, MN 55416

5.5 CEU's are available through the Board of Psychology.



Visit [amidstthetrees.com](https://amidstthetrees.com) for more opportunities!