

REIGN! Pre-New Year's Retreat

*Creative Women's All-Day Gathering
with Healing Practices, Visioning, Ritual, and More!*

**Saturday,
Dec. 29, 2018
10am-10pm**

Spots are limited to the first 16 people pre-registered. Doors open at 9am. Absolutely no walk-ins.



Led by Liza F. Camba (Sat-Akal)

Enjoy a full day of intention-setting, healing, relaxing, reflecting, creating, communing, and just BE-ing.

- ◆Ayurvedic Self-Care Practices
- ◆Kundalini Yoga & Meditation
- ◆Yoga Philosophy
- ◆Prayer Ritual
- ◆Rose Elixir Ceremony
- ◆Vision-boarding
- ◆Reign Women's Circle
- ◆Mahal Healing
- ◆Journaling
- ◆Soul-Visioning
- ◆Sound Bath

Luxurious treats, healthy snacks, and refreshments will be provided. If you want to bring something to share, you're more than welcome although it's not necessary.

Lunch and dinner will not be provided. There are many local eateries in the neighborhood where you can dine.

We would love for you to participate in all the activities however it is not mandatory. This day is for you - Let yourself be inspired and flow through it! There will be breaks and free time scheduled throughout the day.

LOCATION:

Golden Sol Yoga in Los Feliz - Los Angeles.
4446 Ambrose Ave, 90027

WHAT TO BRING:

- *Dress Comfortably! *Water bottle
- *Yoga mat *Your journal *A face towel
- *2-3 of your favorite magazines and any unique images for your vision-board *1 Rose
- *Backjack/meditation pillow to sit on (optional)

COST:

PRE-SALE thru 11/15.....\$165
EARLY BIRD thru 12/10.....\$199
REGULAR RATE thru 12/28.....\$250
DAY OF 12/29 (while spots last).....\$275

QUESTIONS:

Call: Liza @323-813-7YES
Email: LizaCambaServices@Gmail.com
Text: 323-828-4947

www.TheSacredYes.com/Reign.html

Pre-register on Eventbrite.com while spots last! Only 16 spots available!