



FALL EQUINOX
MINI RETREAT
RELAX ~ RENEW
RE-CALIBRATE

Join Kate Noble & guest musician Marie Asbury for a weekend of restoration and re-calibration to set the tone for fall. Choose from three special sessions. All are welcome.



Find more details at:
KobeNoble.com or
ShineYoga.com.

Session 1 (join for one or all)

HEART VISION ORACLE SESSION

Fri. Sept. 19th 6 - 7:45 pm \$25



Use meditation, contemplation, journal prompts, and oracle/tarot cards (if you like) to tap into the deep inner wisdom of your heart.

No experience needed.
Cards provided for those who need them.



Session 2 (join for one or all)

FALL EQUINOX RE-CALIBRATION YOGA & CONTEMPLATION PRACTICE

Saturday, Sept. 20th 10 - 11:30 am with Kate Noble

Join Kate for a special mixed-level yoga and contemplation practice with the intention of creating inner balance and re-calibration as we move into the Fall season. Class will include meditation, breath-work, mindful flow, and balancing alignment work. Regular class prices apply. **Sign up at ShineYoga.com.**



wise ways wellness
whole-being well-being

Session 3 (join for one or all)

YOGA NIDRA & SOUND JOURNEY

WITH KATE NOBLE & MARIE ASBURY
SAT. SEPT. 20TH NOON - 1:15 PM \$38

FIND INFO ON EVENTS PAGE @ SHINEYOGA.COM

This special Yoga Nidra and Sound Journey session will move you deeply through the layers of your consciousness and sweetly drop you into the field of your dream and insight dimension.

You will be gently guided into deep relaxation so that you may experience inner transformation and rejuvenation.

