

# Restorative Daylong Retreat For Recovery Coaches

## Hallelujah Farm

Bradley Hill Road \* Chesterfield, NH

**January 28th 9am - 4pm**

With Liz Seaman, LMT, E-RYT

(603) 499-1198 \* [yogawithliz63@yahoo.com](mailto:yogawithliz63@yahoo.com)

All Are Welcome - Space is Limited



How awesome would it be to have a self-care day packaged and ready to go at your fingertips? Here's your chance! Join Liz Seaman at the beautiful, sprawling Hallelujah Farm nestled in the small country town of Chesterfield, NH for a day of yoga, meditation, acupuncture and fellowship. The day will also include reflective journaling, other bonding activities and a wholesome lunch.

Total cost is \$70 with a \$30 deposit required to hold your space on or before January 4th. Checks can be sent to Cornerstone Yoga - 815 Court St. Keene, NH 03431

Liz Seaman has been leading restorative retreats for 10 years, both locally, in the Southwest, Maine and Costa Rica. She brings her warmth and humor to her teaching and excels at meeting people where they are. She is a long time yoga teacher and massage therapist. She currently works as a CRSW in the Monadnock area, as well as co-owns Cornerstone Center for Wellness in Keene, NH with her husband.