

# TRANQUILITY MIND & BODY WELLNESS SPA



## JOIN US FOR 108 SUN SALUTES SUMMER SOLSTICE FUNDRAISER

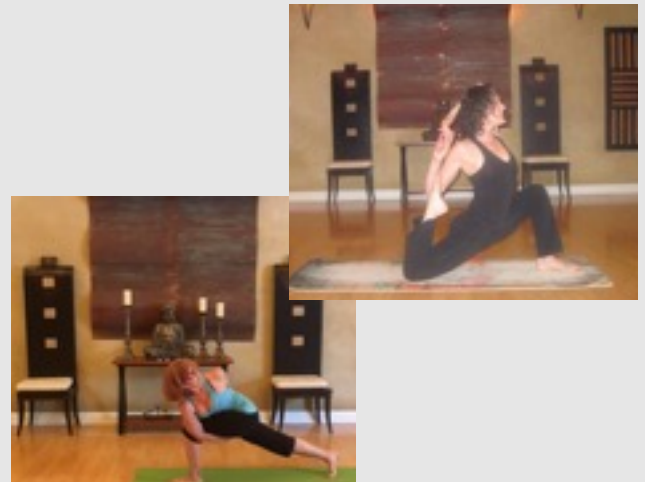
TRANQUILITY YOGA  
JUNE 15TH | 6:30 - 8:00 PM

100% OF ALL MONEY RAISED WILL HELP  
SUPPORT THE MINDFUL YOGA THERAPY MISSION  
LEARN MORE ABOUT MYT:  
[WWW.MINDFULYOGATHERAPY.ORG](http://WWW.MINDFULYOGATHERAPY.ORG)



### Mindful Yoga Therapy for Veterans Mindful Responders Benefit:

Andrea and Meridith are proud to host a Yoga and Meditation event supporting the work of these CT organizations that offer healing practices for veterans, first responders and other individuals dealing with trauma in their lives.



### 108 Sun Salutations - 12 sets of 9

- Instruction and Modification for all levels
- Concluding with Yoga Nidra Savasana
- Refreshments and Information
- <http://mindfullyogatherapy.org>
- <https://www.mindfulresponder.org>
- <http://www.tranquilwellnessspa.com>

Tranquility Yoga at  
Tranquility Mind and Body  
Wellness Spa  
88 Noble Ave, Milford, CT

Friday June 15, 2018  
6:30-8:00 pm  
Minimum donation \$25  
Please call to register  
203-877-7115