

San Antonio Dr. Joe Dispenza Meditation Group



Spring Into Balance Day Retreat

**Saturday, 3/22/25 from 9am - 4pm
Unity Church, 1723 Lawndale, 78209**

*Vegetarian potluck lunch (sign up will be sent two weeks before the event)

*Bring a yoga mat, blanket, pillow, eye mask if you prefer, water bottle, non-alcoholic beverages of your choice, basically whatever will help you feel comfortable during the day

*30 slots available for this event

*\$25 love donation at the event will go to the Unity Church for use of their facilities

*Scholarships available (we will contact you if you indicate "yes" you have a need)

We have meditation gatherings twice a month
Second and Fourth Sundays 4pm - 6pm
Unity Church, 1723 Lawndale, 78209

