

Womens Circle with Mari Dew



2nd Wednesdays:
May 11th, June 8th, July 13th

Bendon Hall

19971 Kent Street
Interlochen, MI 49643

Connecting women of all ages in community at historic Bendon Hall. The circles will include a combination of light movement, yoga, breathwork, meditation, intention-setting, brainstorming, inspiration, and a safe space in which to open your heart and find support and sisterhood.



WHAT TO KNOW/BRING: Please bring your non-alcoholic drink of choice and dress in warm and comfortable layers and bring a blanket/yoga mat/pillow if you wish to sit on the floor (or chairs are available if you prefer). Also bring a journal and writing device to capture ideas.

ALL CIRCLES ARE BY DONATION (Suggested \$20 donation)

***NEW YOGA and MEDITATION CLASSES COMING SOON!**

MORE INFO: www.bendonhall.com