



Well-Being Retreat

- Fuel your tank and reduce stress with mindfulness and spiritual practices. *Experience optimal well-being.*
- Would you like to change or enhance some behaviors?
- Inspire your life with sacred ceremonies. Feel energized.
- Don't miss this life transforming retreat.

DATE: Saturday, April 14, 2018

TIME: 10 am to 2 pm, plus optional stillness and connection until **3 pm**.

Darlene Dunning encourages people to activate aliveness and live every moment to the fullest. Steeped in three generations of New Thought, she has visited 50+ countries and coordinated spiritual travel programs to shine a light on the pathway of love, peace and joy. She has served as the Sr. Minister of The Riverside Community Center for Spiritual Living, CA and High Desert Center for Spiritual Living, Albuquerque and as Asst. Minister at the Centers for Spiritual Living in San José and Claremont, CA, and a Practitioner at the Huntington Beach Church of Religious Science. Visit: www.darlenedunning.com

Love Offering. Sign-up today!
Walk-ins welcome. Bring a brown bag lunch.

Be uplifted at the **Sunday Celebration on April 15th at 10 am**.
Enjoy Rev. Darlene's talk on, "*Peace-fullness*." 9:30 Meditation.

Yuma Center for Spiritual Living

781 S. 2nd St. ♦ Yuma, AZ 85364 ♦ (928) 782-7885 ♦ www.yumacsl.com



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