

# Reclaim your True Self with Yoga and Mindfulness Meditation

Hosted by Larry Weinberg & Carin Winter

Join us for a special day of Yoga and Mindfulness, presented by some of the top Yoga and Meditation teachers on Long Island.

Our intention is to introduce children, their parents, caretakers, relatives and friends to the many benefits that are available from these ancient, transformational practices.

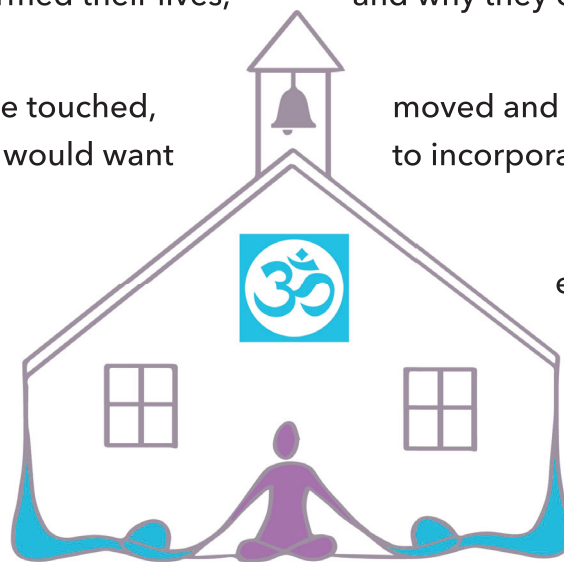
In this day and age when we are experiencing such high levels of stress, uncertainty, violence, dis-ease and planetary distress, the benefits of Yoga and Meditation are even more relevant now than they've ever been.

During this event our teachers will share with you what brought them to Yoga and Meditation, how these practices transformed their lives, and why they chose their particular style of Yoga to teach.

It is our hope that you will be touched, moved and inspired by these presentations in such a way that you would want to incorporate these practices into your own lives.

event will be donated to profit organization, that provides mindfulness-based social emotional learning in schools and Northern California, in order to help children thrive academically and beyond.

All the proceeds from this "Mission Be", a not for profit organization, founded by Carin Winter, will be donated to profit organization, that provides mindfulness-based social emotional learning in schools and Northern California, in order to help children thrive academically and beyond.



## Event Details

**Date:** Sunday, November 24, 2019 - 2:30-5:30pm

**Location:** Our Lady of Grace Retreat Center, 29 Shelter Rock Road, Manhasset, NY 11030

Suggested Donation: \$10 for Adults, Young Adults & Children 18 & under are free

Wear loose, comfortable clothing for this event. We will be serving healthy drinks and snacks at the event and will also have raffles to help benefit Mission Be. If you'd like to donate and learn more about this worthy cause, you can do so at [www.missionbe.org](http://www.missionbe.org)

For more information and to register for this event please call or text Larry at 516-384-3284.