Begin Again Without Becoming Someone Else

Personal Growth Without Self Rejection

In-Studio Mini-Retreat

Sunday, January 24th | 1-4 PM



January often arrives with a long list of ways we are supposed to improve ourselves. Set bigger goals. Build better habits. Become a whole new person. But meaningful change does not have to begin with the belief that something is wrong with who we already are.

Begin Again Without Becoming Someone Else offers a different way to enter the New Year. Explore the pressures surrounding resolutions and self-improvement, reconnect with what you genuinely want, and identify one caring, sustainable way to move forward.

Rooted in the Viniyoga tradition, the retreat will weave together:

- Breath-centered movement
- Meditation
- Journaling
- Accessible teaching
- Small-group conversation
- Meaningful ritual
- Restorative practice with sound

Your Retreat Journey:

- **Question** the pressure to become a better version of yourself
- **Listen** for what you genuinely want beneath outside expectations
- **Choose** one caring way forward that does not depend on self-criticism

Leave with a practical reflection tool and a personal intention grounded in self-trust rather than self-criticism.



Sarah Watson,
RYT-200 &
Certified Yoga Teacher

Easy Ways to Register: Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link & you'll be directed to the registration page.

FEE: **$45** with Discount Code: SELF10 expires Wednesday, January 20th. **$55** after Wednesday, January 20th.

Who should attend? **This practice is meant for everyone** – all levels are welcome to join. No resolutions, reinvention, or previous yoga experience. No resolutions, reinvention, or previous yoga experience are required. Come exactly as you are.

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com