The Wider Circle of Love
Friendship, Belonging & Community
In-Studio Mini-Retreat
Sunday, February 21st | 1-4 PM



February tends to place romantic love at the center of the conversation, but our lives are held together by a much wider circle. Friendship, chosen family, neighbors, communities, and the people who continue to show up all offer forms of love worth recognizing and nurturing.

The Wider Circle of Love is a mini-retreat devoted to belonging, friendship, and community. Reflect on the connections already supporting you while considering how you might tend those relationships and gently widen the circle for yourself and others.

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:

- **Notice** the circle by recognizing who and what currently helps us belong
- **Tend** the circle by exploring how friendship and community remain alive
- **Widen** the circle by considering where we might offer or receive connection differently

Leave with a deeper appreciation for the relationships that hold them and practical ways to cultivate connection in everyday life.



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: LOVE10 expires Wednesday, February 17th. **$55** after Wednesday, February 17th.

Who should attend? **This practice is meant for everyone** – all levels are welcome to join. Come with a friend, arrive as part of a group, or attend on your own. There will be a place for you in the circle.

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