

Spring!: A One Day Alchemical Retreat with Risala Laird

Gather together for a day
Of practices with breath, sound and light
As we sit,
as we walk,
as we share communal food

When:

Sunday March 18

9:30 AM to 4:30 PM

\$70

Vegetarian lunch will be served

Where:

638 Peralta Avenue, Berkeley, CA 94707

RSVP risalalaird@gmail.com

Or call 510-798-8905 **Looking ahead~**

Two more retreats in 2018

Saturday June 23

Saturday September 22

Same information as March retreat

Blessings !