

Join us for a  
*Yoga & Writing Retreat*



Photo by: Susan Nagib

**Yoga Practice**  
**Angela Derecas Taylor**

*Hosted by:*

**Writing Workshop**  
**Patricia Dunn**



Photo by: Gary Gershoff

**Date: TBD**

at The New Dawn Foundation  
590 Davenport Road, New Rochelle, NY 10801

**FULL-DAY RETREAT**  
\$199 per person

**HALF-DAY RETREAT**  
\$129 per person

**MORNING SESSION:**

8:30am-9:30am Vinyasa Yoga w/ Angela  
9:30am Break  
10am-12:00pm Writing Workshop w/ Pat  
12pm-1:00pm Lunch  
Brown Bag Lunch OR Vegetarian Lunch at \$25

**AFTERNOON SESSION:**

1:00pm-3:00pm Workshop w/ Pat  
3:00pm Break  
3:30pm-4:30pm Gentle Yoga w/Angela

**TO LEARN MORE OR REGISTER:**

Email: [angeladerecastaylor@gmail.com](mailto:angeladerecastaylor@gmail.com)  
w/ cc: [patriciadunnauthor@gmail.com](mailto:patriciadunnauthor@gmail.com)  
Space is limited  
Registrants must be fully vaccinated