



for NY Goat Yoga

The Triangle Healing Center presents...

Release & Renew

**A Spa Day for the Soul To
Destress & Revive!**

- Sound Bath & Guided Meditation
- Trauma Release Exercises (TRE) & Yin yoga to discharge stress from the body
- Somatic IFS “parts work” education & activities with transformational group work to help regulate your autonomic nervous system
- Reflective Journaling & Fire Ceremony
- Sensory Bathing in Nature, horses too!
- Nutritious Catered Lunch & Snacks

\$99! (\$1000 value)

**Sun Oct 19th 2025
8:30am-5:30pm**

**Stonewall Farms
1408 Sid Mitchell Rd
Youngsville, NC**

Scan the
QR Code
Below
to Register!

