



Kim Whanki "Universe"

# A Day of Retreat

This is a day to be still, go within, and learn what your body is saying.  
We will work with alignment, breathing, meditation, and qigong.

**Saturday, February 18**  
**10 am - 4 pm**

Purisima Creek Road, Half Moon Bay  
Upon registering, directions will be sent

**Suggested donation for rental space and teaching: \$100**  
**No one will be turned away for lack of funds**

*Registration is required because space is limited, so please RSVP early!*

**Please visit: [JudyPruzinsky.com](http://JudyPruzinsky.com) 650 576-9749 831 426-5717**

Since 1990, Judy has been studying with and certified to teach by:  
Bruce Frantzis, Mantak Chia, Gilles Marin, and Jerry Allan Johnson