

THE REASON

For years, I've felt the holidays approaching & the heaviness creeping in—lists get longer, the cookies aren't going to bake themselves, & it's easy to lose the joy in the planning.

Why not stoke our inner fire so we can enter the holidays nourished, grounded, and ready to truly enjoy our family & friends?

This retreat is your chance to step away from the business of life and gently fill your cup before you pour from it.

I'll be preparing and cooking myself—because cooking is one of my love languages. My hope is that you leave not only physically replenished, but also warmed by the nourishment of food, community, and connection.

I look forward to welcoming you into this unique experience, and to sending you home feeling grounded, renewed, and ready to embrace the season with presence and joy.

With Gratitude & Fire Within,
~Tiffany



Escape to Vermont,
Return to Yourself.



122 Market Square
Newington, CT 06111



860.269.3929



evolutionyogaandwellness.com



evolutionyogaact@gmail.com



AN EVOLUTION YOGA RETREAT

NOVEMBER 13th ~16th
Bridgewater, Vermont

As the holidays draw near, this retreat offers space to replenish your inner fire so you can enter the season grounded and nourished.



evolutionyogaandwellness.com