

# THE WAY *of the* HAPPY WOMAN®

Autumn Yoga, Meditation & Life Balance Mini-Retreat

## Self-care isn't selfish.

It's a revolutionary path of wisdom.  
A road back to yourself.  
And it changes *everything*.

Indulge in a women's self-care mini-retreat... and bring some ancient feminine wisdom into your fast-paced life.

- Learn seasonal self-care secrets to **embody the Autumn qualities** of contemplation, feasting, and letting go
- **Reconnect with your femininity** through women's yoga (yin and flow), insight meditation, intuitive journaling, contemplative solitude, sacred ritual, and creative group practices
- **Learn simple self-care practices** for the yoga mat, and your daily life
- **Attune to your feminine cycles** and the rhythms of nature so you can embody authentic joy and radiance

Join us to discover the essential lifestyle and mindset practices that no happy woman can afford to live without!

"Here, I've learned to listen to my body more, and to embrace all of me." — *Misty Allen*

For women of all ages & levels of yoga experience.

### DATE

Sunday, Nov. 17th  
2:00 – 5:00 pm

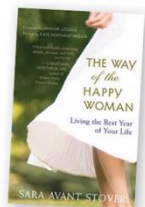
### LOCATION

**Dancing Sky Studio**  
913 L Street, Port Townsend

### YOUR INVESTMENT: \$50

\$45 if you register by Nov 1<sup>st</sup>  
or bring a friend

*First time registration includes a copy of Sara's bestselling book, *The Way of the Happy Woman*.*



For registration and details,  
please visit my site or email:

[www.katytaylor.com/retreats](http://www.katytaylor.com/retreats)  
[katy@katytaylor.com](mailto:katy@katytaylor.com)

### ABOUT

The Way of the Happy Woman® is a global sisterhood, a spiritual lineage, and a collection of practices based on the best-selling book and global women's community led by Sara Avant Stover. Drawing from yoga, Buddhist meditation, Taoism, Ayurveda, devotion to the Sacred Feminine, and psychological healing, this path weaves the timeless into the day-to-day, in true wise woman fashion. It challenges every woman to always turn inwards for guidance, first... because *your way is the way*.



### GUIDED BY

Katy Taylor, Certified Teacher of  
The Way of the Happy Woman®