Seriously, it's time to TAKE A NAP

REDEFINING REST & SELFCARE

Facilitated by Jitka Borowick, Maggie Ward, and Sarah Manion

XCYP

PANELISTS





Jitka Borowick

President Nove Yoga & Cleangreen

Maggie Ward

Executive Director BFree Wellness





Sarah Manion

Executive Director Calmer Choice

"Rest is not a reward. It's a strategy.."

What is your intention?





Jitka Borowick Entrepreneur | competitive cyclist | mom

You must do the thing you think you cannot do."

Eleanor Roosevelt



Maggie Ward TRAVELER, LOVER OF MORNING COFFEE

"I would love to live like a river flows, carried by the surprise of It's own unfloding."

John O'Donohue



Sarah Manion **ARTIST, ASPIRATIONAL HUMAN BE-ING**

Thich Nhat Hanh

"Design a life that supports your practice."

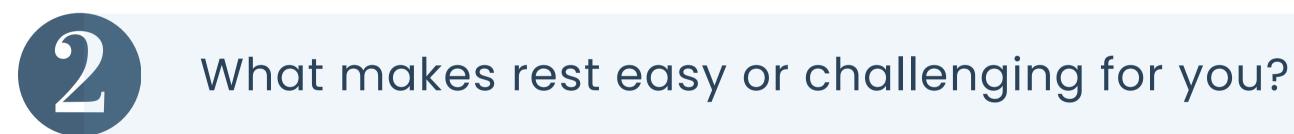


What is rest?



What does rest mean to you?











Mindfulness



Presence



May I take care of myself - happily.

STAY IN TOUCH

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