



Spring Wellness Retreat at Serenity Ridge

April 10-14 with Tenzin Wangyal Rinpoche



There is still time to register for this unique Spring Wellness Retreat at Serenity Ridge beginning on April 10 with Tenzin Wangyal Rinpoche. The retreat will include morning sky gazing, cold plunge, Tibetan Yoga for all mobility levels, meditation instruction, forest bathing, nature walks on our 100 acres, massage, a special delicious plant-based diet, optional intermittent fasting possibility, ancient Tibetan treatment to support better sleep, evening bonfire and much more!

Experienced practitioners and those new to meditation are all welcome!

Over four days, Tenzin Wangyal Rinpoche and guests will share ancient methods, supported by modern research and scientific findings, to realize our inner source of well-being and grow beyond often unconscious self-defined limits to engage with our lives in creative, inspired and

fun ways. We will discover ways to release stress, decrease anxiety, rebalance energy, deepen inner peacefulness, and reconnect to ourselves and the world around us. Be empowered to make healthier choices that support your wellness on every level.

Those who cannot participate in person can join online on Zoom. Information about the online schedule is on serenityridgva.org .

[Learn more/register](#)