



IAWF NORCAL CHAPTER PRESENTS

Fall Wellness Retreat

Navigate your life with greater wisdom & ease

SUNDAY, SEPTEMBER 29 • 9 AM - 5 PM

LOS GATOS, CA

Address will be shared with attendees

Kundalini Yoga & Live Music

Charanpal Kaur



Cultivating Kindness Toward Self & Others

Nikki Mirghafori, PhD



Wise Relationship with Digital Technology

Sima Hashemifar



Aging Gracefully

Dr. Nooshin Darvish



Meditation Through Movement

Shirin Hedayat



Admission Fee: \$127 - Purchase at <https://usa.iawfoundationevents.com/>

Light food & beverages will be served

(949) 461 - 1996