

Cape Cod Municipal Health Group

The Path to Tranquility

"trang-kwil-i-tee" quality or state of being tranquil; calmness, peacefulness, quiet, serenity"



FRIDAY, NOVEMBER 8TH

5:30 PM – 8:00 PM

**CAPE LIGHT COMPACT
261 WHITES PATH
SOUTH YARMOUTH**

As we enter the busy holiday season, CCMHG Subscribers and their insured family members are invited to join us for an evening of stress reduction, mindfulness, calm, and peace to help ease your anxieties. Holidays, family commitments, work, school and home all equal one thing: Stress. We hope to help!

Our mini retreat will focus on giving you the tools you need to find peace in your busy life. We will begin with 45 minutes of Hatha Yoga, break for a light dinner and conversation and then spend our last 45 minutes focused on guided meditation and useful tools for you and your family to find peace in your lives.

Space is limited and this will fill up quickly! If you are available to spend a Friday evening focusing on YOU please [Register](#) today by following this link or cutting and pasting it into your web browser: <https://signup.com/go/Cznmowc>.

Please bring a yoga mat, an eye pillow or small towel, and a refillable water bottle. Dress comfortably and most importantly be on time. The doors will be locked at 5:35 PM to avoid disruption to this peaceful evening.

HATHA YOGA. Hatha is a general category that includes most yoga styles. It is an old system that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.

Parking is in the rear lot and the entrance to Cape Light Compact is clearly marked on the side of the building. I hope you will join us for this amazing event! I look forward to seeing you!

Any questions, please contact Deanna L. Desroches, Wellness Consultant, at 508-631-7263 or capecodhealthyconnections@gmail.com

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