

# Pearlstone Health & Renewal Institute

*Nurture your mind, body & soul through Jewish spiritual wisdom & holistic living*

## Wed, December 9, 2009 9AM - 3PM

at Pearlstone Conference & Retreat Center  
5425 Mt Gilead Road Reisterstown, MD 21136

Morning Sessions 9AM-1PM:

Yoga, Tai Chi, Art, Hiking, Organic Cooking, Meditation  
and Jewish Learning

Afternoon 1PM-3PM

Organic Healthy Lunch Buffet and  
Workshop on "*Reinventing Ourselves*" with



*Self Talk Coach*

SUSAN SAMAKOW, PCC, CCCC  
Certified Business & Life Coach

Full day \$90

1/2 day \$54

RSVP to Jessica 410-429-4400 x219  
[jweinberg@pearlstonecenter.org](mailto:jweinberg@pearlstonecenter.org)

