



SKY HAPPINESS RETREAT

for WSU students & staff/faculty

SEPT 23-25

ONLINE (Mon-Wed), 7 pm - 10 pm all 3 days

OR

OCT 13-15

ONLINE (Sun-Tue), 7 pm - 10 pm all 3 days

A 3-day retreat filled with an evidence-based meditation, powerful breathwork practices, social connection, self-development and stress-management skills which bring calm, clarity and happiness.



Apply here:
tiny.cc/wsusky

