

Renew & Rediscover You: An Exclusive Two-Day Wellness Experience at Riverbend Yoga & Meditation Studio

Embrace Mindfulness and Growth: A Transformative Retreat with Dr. Jackie Cawley



riverbend
yoga & meditation studio

Delean
INSTITUTE FOR GROWTH & WELLNESS

Renew & Rediscover You Wellness Retreat

Find your purpose, move with intention,
and reconnect with YOU.

April 5 & 6 | 1:00-3:00 PM
Riverbend Yoga & Meditation Studio

Limited spots available. Secure yours today!

JOIN NOW!

Yarmouth, Maine Mar 27, 2025 ([Issuewire.com](https://www.issuewire.com)) - Take a step toward personal renewal and mindfulness at **Renew & Rediscover You**, a two-day immersive wellness experience hosted by **Riverbend Yoga & Meditation Studio** and led by **Dr. Jackie Cawley**, holistic wellness expert and author of *Power Up*.

This event, designed to foster self-reflection, intention-setting, and mindful movement, offers participants the tools to reconnect with their purpose and inner strength.

Event Details:

Riverbend Yoga & Meditation Studio

438 US-1, Yarmouth, ME 04096

Saturday, April 5 & Sunday, April 6, 2025

1:00 PM - 3:00 PM

General Admission: \$75 | Early Bird Pricing: \$69.99 (available for the first week of registration)

A Wellness Journey Like No Other

This transformative two-day experience is designed to help participants **slow down, reconnect with themselves, and gain clarity for their personal and professional paths.**

Each session integrates movement, reflection, and guided discussions to cultivate mindfulness and self-awareness, fostering a journey of personal growth and inspiration.

Day One: Self-Discovery & Reflection

- **Slow Flow Yoga** – Encouraging mindfulness and connection to the present moment.
- **Reflection & Rediscovery** – Identifying core values, passions, and personal strengths.
- **Group Debrief** – Recognizing individual "superpowers" and preparing for deeper exploration on Day Two.

Day Two: Intention & Action

- **Reflection & Mission Development** – Defining one's unique purpose and path.
- **Vision/Mission Statement Exercise** – Crafting a declaration for personal growth.
- **Yoga for Intention-Setting** – Using movement to embrace new goals and aspirations.
- **Closing Discussion** – Sharing insights and creating a plan for continued self-growth.

"As life moves at a rapid pace, it's easy to feel disconnected from our deeper purpose," said **Dr. Jackie Cawley**. "This retreat provides a space to reflect, rediscover your passions, and set clear intentions for your next chapter."

Event Highlights:

- **Guided Yoga Sessions** – Cultivate mindfulness through movement.
- **Self-Reflection & Growth Exercises** – Deepen your understanding of your values and goals.
- **Mission & Intention-Setting Activities** – Define your path with clarity and purpose.
- **Exclusive Swag Bag** – This bag, designed to enhance your wellness journey, includes a workbook for self-reflection, a writing board and pen for note-taking, a small intention tin to keep your goals in mind, a motivational sticker for inspiration, and yoga socks for your comfort during the sessions.
- **Meet the Author & Book Signing** – This session is a unique opportunity to engage with Dr. Cawley, ask questions about *her book*, and get a personalized copy of **Power Up** at a discounted price.

Reserve Your Spot Today!

Spaces are limited. **Pre-registration is encouraged** to take advantage of early bird pricing and ensure your spot. **Reserve now:** <https://www.riverbendyogastudio.com/special-offerings>

About Dr. Jackie Cawley & The Delean Institute for Growth & Wellness

Dr. Jackie Cawley is an osteopathic family physician, wellness coach, and author of *Power Up*. With over 30 years of experience in leadership, mentorship, and personal development, Dr. Cawley empowers individuals to embrace their strengths and navigate transitions with clarity and confidence.

The **Delean Institute for Growth & Wellness** offers workshops, coaching, and programs to foster mindfulness, resilience, and personal transformation.

About Riverbend Yoga & Meditation Studio

Riverbend Yoga & Meditation Studio is a welcoming space for individuals seeking holistic well-being through yoga, meditation, and mindfulness practices. It offers a range of wellness experiences and serves as a hub for personal growth, self-discovery, and community connection.

Contact Information:

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Join us for this powerful journey of renewal and self-discovery. **It's time to reconnect, reflect, and rediscover YOU.**

Media Contact

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