



GNOME SWEET GNOME

A Caregiver Wellness Gathering



Event Details

Date: Sunday, May 17, 2026

Time: 10:00 AM – 1:00 PM

Location: The Yoga Gnome, 350 S. Main St. Unit 109, Doylestown, PA

The Morning Flow

- 10:00AM** Soft Open & Practitioner Connections
- 10:30AM** Baby and Me Yoga
- 11:15AM** Demo Mini Session (Provider TBD)
- 12:00PM** Preschool Yoga (Play & Breath)
- 12:30PM** Practitioner Spotlight Circle & Raffle

Practitioner Guidelines

- 1. Low-Pressure Atmosphere:** We focus on building genuine connections. No high-pressure sales pitches, please.
- 2. The "Living Room" Setup:** We invite you to create a cozy, accessible space with cushions and chairs rather than sterile tables.
- 3. The Spotlight Circle:** Share 2 minutes of your heart and one "nugget" of wisdom during our closing circle.

The "Give Back" Raffle

No event fee required! In the spirit of giving back, we ask each practitioner to donate an item or service voucher to our 'Community Care Basket.' These prizes will be raffled off to support and celebrate the caregivers in attendance.

Questions or Collaborations? Reach out to us at:
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