



Thanksgiving

NOVEMBER 24, 2022

"As I surrender to a state of gratitude, my soul expands."

Open the door to grace, love and joy with a grateful heart.

Recognising our blessings, both big and small, lays the foundation for overall wellbeing. The practice of gratitude can strengthen the immune system, lower blood pressure, and improve sleep quality.

Here at JOALI BEING, thankfulness is woven into the fabric of our days, from gratitude journaling to mindfulness rituals. Join us on Thanksgiving to celebrate the spirit of appreciation.



Thanksgiving DINNER

Let us give thanks for all the wonderful things in our lives, from spectacular achievements to everyday miracles. Gather with loved ones to recommit your energies to giving thanks – as well as to giving back. A nourishing feast, filled with the abundance of nature, sets the stage for an evening of gratitude

6:30 pm to 9:30 pm **MOJO** US\$ 220 per person