

Soulful Sunday

HOLIDAY SELF-CARE POP-UP CLASSES

SUN, DEC 1 and 15

10:30 am - 12:00 pm

at YogaMotion Wellness Academy

**Flow from Movement to Stillness and Sound to Silence
with Gentle Yoga, Mantra, and iRest® Yoga Nidra. Ahhh....**

Afterward, all are invited to keep the vibe going and
walk over to Treeline for coffee and community connection.*

* Food and drink not included .

\$20 per class \$15 student rate

Contact Turi to register



TURI.YOGA

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