

POP-UP CLASSES & WORKSHOPS

NOV / DEC

YIN & PINS

Sat 12/14 2-4pm
&
Sat 1/18 2-4pm

Restorative Yoga

December 4th
5:30-6:45pm

December 17th
5:30-6:45pm

January 8th
6-7:15pm

January 29th
6-7:15pm

WELLNESS WORKSHOP

"THE GLOW-UP"

December 11th 6-8pm
creating an inner &
outer glow-
details online

Vision 2025 Party!



PRIVATE EVENTS

Call 913-302-2439

Go to our website to see a full list of upcoming events and registration information

WWW.SEEKINGSOLACEYOGA.COM

50% OFF

Class cards
Private lessons
Small Group lesson
Reiki & Quantum
Touch sessions
913-302-2439
for details

SEEKING SOLACE YOGA STUDIO

7207 WEST 95TH STREET, BLDG 7223, OVERLAND PARK 66212