



SEEKING
SOLACE YOGA
PRESENTS
YIN &
PINS

RESTORATIVE YOGA MEETS STRESS REDUCING ACUPUNCTURE
DECEMBER 14TH, 2-4 PM \$60

RELAXING ENVIRONMENT

Warm heating pads, the soft sound of wind chimes & the harmonizing effects of Tibetan sound bowls will take you to a deeper level of relaxation



RESTORATIVE YOGA

Experience complete pampering! The restorative yoga will make you feel so warm safe and supported, creating a deep nervous system reset.



ACUPUNCTURE

While in final relaxation, Amy Messer, a licensed acupuncturist will target 3 of the most calm inducing acupuncture points (2 points & a swarovski ear pellet)



To find out more Call: Colleen 913-302-2439 or register below
www.seekingsolaceyoga.com