

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 to to a deeper level of relaxation



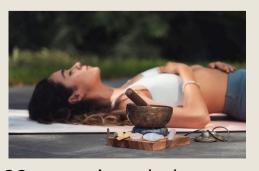
RESTORATIVE YOGA

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