

SEEKING SOLACE YOGA PRESENTS

HOLIDAY GLOW INSIDE & OUT

December 11th. 6-8pm

During the holiday season it is easy to feel a sense of overwhelm and fatigue. Not only do you feel tired, but you look it. This Wellness Workshop "Getting your holiday glow on" will leave you looking & feeling radiant and reenergized

What we will do

- We will start with a breathing exercise targeted at calming the nervous system, thus removing the stressful appearance from the face and adding more light to the skin and eyes.
- Next, we will practice a healing Restorative yoga practice. Utilizing the use of yoga props, heating pads, soothing music and guided relaxation.
- Next, you will be guided through an acupressure facelift by a licensed acupuncturist
- We have saved the best for last, "The Glow Up" You will be self-guided through a full facial using the top skin care line in South Korea- containing all-natural ingredients!

