



Open House!

August 22nd 2018
5-7 pm

Come Join Us for Our 1st Annual Open House!

- Enjoy a cup of tea as you tour our center – yoga studio, treatment rooms, Infrared sauna & shower area.
- Meet our practitioners and learn more about Healing Touch & CranialSacral Therapy.
- 6pm – 6:15pm Join us for Stress Busting Pranayama & Meditation.
- 5:30 pm – 5:45 pm Experience different restorative yoga poses.
- Meet a local author – be the first to hear about his book - Ayurveda for Kids. Learn about his Ayurveda for Kids workshop for children and their parents in October.
- Sign up for our Open House Yoga Special – 30 Days for \$30.
- Enter to win our many drawings:
 - BMat Yoga Mat
 - AquaDetox Foot Soak
 - 3-pack Yoga Class Passes