

A person is shown in a yoga pose, standing by a body of water at sunset. The person's arms are raised, and they are looking towards the horizon. The background features silhouettes of trees and a warm, golden light from the setting sun.

YOGA BREATH SOUND

A SUMMER WORKSHOP TO RESET AND
ACCESS YOUR OWN INNER LIGHT

ALL PARTICIPANTS GIFTED A SUNSTONE GEMSTONE TO
SUPER CHARGE THEIR MEDITATION PRACTICE

SUNDAY, JUNE 26

4:00 - 6:00PM

\$45

FACILITATED BY JILL MATTERN
YOGA TEACHER & OUTDOOR MINDFULNESS GUIDE