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::: Ground & Energize :::
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Yoga and Essential Oils Workshop

Saturday Oct. 21st 1-3pm @ Sutras Yoga in Anchor Bay

\$30 pre-register \$35 at the door



Lovingly brought to you by Emily McConnell, Yoga Instructor and doTERRA Essential Oils Wellness Advocate. This workshop is intentionally planned for this season of change; gentle, flowing and restorative yoga will help to increase energy and calm the mind, while the oils help assist in releasing stagnant energy, feelings or blockages, and with balancing emotions. A short introduction to essential oils is included. Please bring a glass/ceramic or stainless steel water container, your yoga mat, and wear comfortable clothes you can move in!

Cash, Local Checks, or PayPal payments are accepted! Please register early to receive the best value and to secure your space, by contacting Emily:

Emily@sutrasyoga.com