

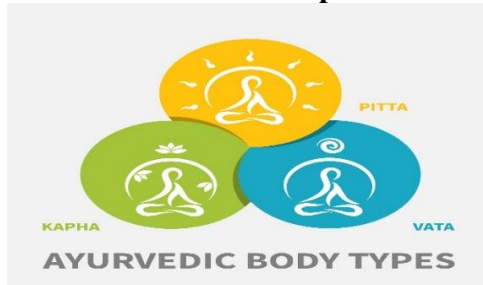
Saturday April 7th
DoTerra Oils 'Make and Take' Workshop
1:00pm-2:30pm



Sunday April 8th
Yin and Live Music
5:30pm-7:00pm



Saturday April 14th
Introduction to the Sister Science of Yoga -
Spiritual Ayurveda (Part 2)
11:00am-1:00pm



Sunday April 15th
Hands On Assist Workshop
12:00pm-2:00pm



Saturday April 21st
Cacao & Yoga
1pm-3pm



Sunday April 22nd
Delve Deep
2:00pm-3:30pm



Sunday April 29th
Restorative Yoga, Massage and Reiki
12:00am-2:00pm



For more information on these workshops and special classes visit us at unplugyoga.com

Find us on

Instagram: #unplugbemindful

Facebook: @unplugbemindful

MindBody: Unplug & Be Mindful Yoga

Then take time to Unplug

Massage, Reiki and Private Yoga Sessions can be booked via email or phone

Namaste

