



FALL INTO RELAXATION

With Restorative Yoga and Live Sound Healing

Saturday, November 1, 4:00-6:00pm

Join Yoga Therapist Leslie Kazadi and Sound Therapist Fawntice Finesse McCain for an evening of tranquility, combining sound healing, relaxation techniques and restorative yoga that will revitalize your body, soothe your soul, calm your mind and reset your nervous system. This healing afternoon requires no yoga experience and will be deeply restful to every body.

Price : \$40/ Early bird discount of \$32 by October 17

Location : **YogaNoHo** - 5257 Vineland Ave, North Hollywood, CA 91601

For Reservations Contact : 818.761.1705
Or sign up online at Web : www.yoganoho.com (click yoga, schedule, workshops)

Space is limited so sign up early!

***RECLINE IN SUPPORTED, RESTFUL POSES
ENSCONCED IN TRANQUIL, HEALING VIBRATIONS
AND UNCOVER THE PEACE THAT LIES WITHIN***



RELAX...

REFLECT...

REPEAT!