

Relax Into The Holi-Daze: Summer Vacation

With Restorative Yoga and Live Sound Healing

Saturday, August 24th 5:00-7:00 PM

As Summer sizzles outside, cool off inside and dissolve into peaceful sound waves while lounging on beach blanket yoga props.

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 evening requires no yoga experience and will be deeply restful to every body.

Price : \$35 / Early bird discount of \$25 by August 7th

Location : **TruYoga** - Palm Court in Yahoo Center - 2425 Colorado Blvd., #120, Santa Monica, CA 90404
Parking is complimentary

For Reservations Contact : TruYoga at (310) 829-2227, or email Noelle@trifitla.com
Web : www.TruYogaLA.com

Space is limited so sign up early!

MELT INTO SUPPORTED, RESTFUL POSES

ENSCONCED IN TRANQUIL, HEALING VIBRATIONS

AND UNCOVER THE PEACE THAT LIES WITHIN



RELAX...

REFLECT...

RENEW...