



Relax Into The Holi-Daze: Season of Magic

With Restorative Yoga and Live Sound Healing

Saturday, December 7, 4-6 pm

Join Yoga Therapist Leslie Kazadi and Sound Therapist Fawntice Finesse McCain for an evening of holiday magic that will leave you transformed and ready to face your relatives this holiday season. This blend of sound healing, relaxation techniques and restorative yoga will revitalize your body, soothe your soul, calm your mind and reset your nervous system. This gift of self healing requires no yoga experience and will be deeply nurturing to every body.

Price : \$40 / Early bird discount of \$35 by November 29th

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

Reservations: Contact TruYoga at (310) 829-2420, or email Ana@TriFitLA.com
Web Site: www.TruYogaLA.com

Space is limited so sign up early!

RECLINE IN SUPPORTED, PEACEFUL POSES

FEEL THE MAGIC OF HEALING SOUND VIBRATIONS

AND DISCOVER THE JOY THAT LIES WITHIN



RELAX...

REFLECT...

BELIEVE!