

LSY Holiday Chaos Oasis

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Saturday, December 12th 2-4pm

\$25/Advance/\$30 Day Of.

Pre-registration is Strongly Recommended

Escape the hectic holiday pace! Join Tricia Kavanagh and Janet Weyls for an afternoon of blissful, restorative escape. This workshop will focus on nurturing the entire being through integrated therapeutic yoga. Techniques may include breath and energy awareness, gentle movement and supported yoga asanas (poses), aromatherapy, body scan, light massage, reiki and aromatherapy - all set to beautiful healing sounds.



Tricia Kavanagh brings a passion of yoga, gentle touch & inspired insights to her teaching & practice. She offers reiki, aromatherapy, awareness, simple movement & supported yoga in a meditative setting for renewal. 200 hour RYT (The Yoga Place), 300 hour RYT & Certificate in Urban Zen Integrated Therapy (Yoga On High). Janet Weyls, LMT, RYT has studied & practiced yoga in the U.S. & Europe and has been a specialty teacher at Lifesource Yoga for several years. Like Tricia, Janet has participated in the Urban Zen Integrated Therapy program at Yoga on High and she has been a fitness instructor in a variety of disciplines since 1987.

* * Stopby or call to register for this afternoon of holiday peace, comfort & joy * *
Lifesourec Yoga & Bodyworks/300 N. Cleve-Mass Rd, Akron/44333/Ph: 330-835-9945