



IT'S BACK!!

Hoilday De-stress Retreat

Come for an afternoon retreat of relaxing postures accompanied by Yoga Nidra guided meditation and massage

Sunday, December 20th 2-4pm

Cost: \$20

(Please pre-register, space is limited)

Join Lifesorce teacher and certified Yoga Nidra Facilitator, Karen Scott, to learn how to enter your "zero stress zone" during the busy holiday season.



Lifesource Yoga & Bodyworks, 330 N. Cleveland Massillion Rd.
Suite 02. Commonwealth Square Bldg., Akron, Ohio 44333
330-835-9945 www.lifesourceyoga.com