



YOGIS & YOGINIS

CREATE & RESTORE: Love w/ SHENAAZ JETHA

Saturday, February 25

4 to 6:30 PM

Cost: \$50 in advance / \$55 day of
(Bring a loved one for another \$40)



Love, such an overused word, especially during February and it's holiday. But when we take some time to pause and reflect on what it means to us, how we embody it and all the ways it shows up, (or not) in our lives, we bring true meaning to what it really represents. To ourselves, our relationships, the work we do and our daily life.

This monthly workshop of Create & Restore will include time for reflection, embodied restorative movement, a presentation to prompt personal thought, and a creative mindful project that represents our own personal expression of LOVE.