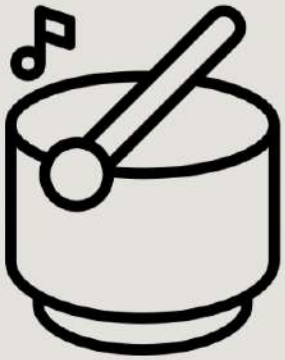
RELAX & RESTORE

with Marykathryn & Andrea





Relax, unwind, and settle into peace with this Restorative Yoga + Sound Bath experience. Each supported pose is held for a few minutes and accompanied by crystal singing bowls and chimes, so you can settle into self and a renewing meditative state. The practice will then conclude with hands of Reiki healing. Surrender into support and put down all your stresses and worries...This time is for you.

Please Register in link below

https://www.eventbrite.com/e/relax-restore-tickets-1123304707619?aff=oddtdtcreator

Wednesday 1/22 @ 6pm - 7:15pm

$30

Location: Growing in Health - Florida
7211 Vanderbilt Beach Rd #3,
Naples, FL 34119