

ESSENTIAL YOGA

SATURDAY, JANUARY 30TH
2:00–4:00PM | ENLIGHTEN STUDIO

Explore a blissful combination of holistic yoga & therapeutic essential oils.



Join Jennifer and Claudia for this special class where we will experience the physical, mental and emotional benefits of yoga & essential oils.

First, essential oils will be explained and applied according to each individual's needs and preferences, then a powerful guided Theta meditation will follow. This energy will be used to compliment a holistic yoga practice where gentle assists and energy work may be applied if appropriate. We will end with some deeply restorative poses, a full relaxation and meditation.

**\$20/MEMBERS,
\$25/NON-MEMBERS**

Purchase at the front desk & register online via “Book it Now” at www.raintreeathleticclub.com. For more information visit Jayantiyoga.com or email Claudia.world.events@gmail.com.

