



Healing with Yin Yoga & Crystals

With Toni & Rebecca

Saturday March 3, 2018

1pm-3pm at Total Woman Gym

\$20.00 members/ \$25.00 non-members



Did you know you can use crystals to help manage pain and stress and help your energy feel great? Did you know that Yin Yoga can relax the nervous system and ease pain and stress? Take a mini-vacation and join us for an afternoon of relaxation and self-care!

Toni is a local yoga teacher who specializes in pain management and Rebecca is a reiki master teacher who facilitates personal growth for her students and clients with the support of holistic tools and mindful journeywork.

You'll receive:

- Guidance through a series of gentle Yin Yoga poses (which supports the nervous system and eases back pain & stress).
- A chakra meditation to help you feel more balanced and light.
- A lesson about common crystals that can help you feel more present, calm and clear.
- Crystals and crystal-based VibesUP products will be available for you to look at and try out. You will receive a web link and coupon code to get preferred pricing if you wish to place an order.
- We will both be there to answer any questions, and help you identify what might be the most helpful yoga moves and crystal products to serve as a holistic support for your particular goals.
- We suggest you bring your own yoga mat and dress comfortably. There will be some yoga mats on hand for you to use if you do not have your own.