

Gratitude Workshop

Yin Yoga & Meditation

Join Toni Kuhn

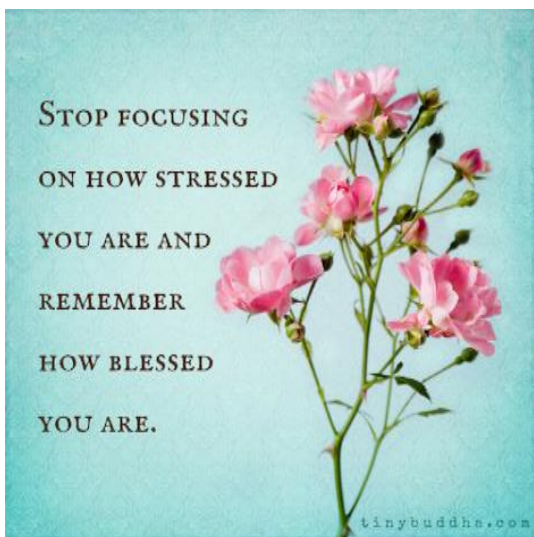
with her assistant Cyndee

Saturday June 1, 2019

1pm-3pm at Total Woman Gym

\$35.00

Open to the public



The dynamic duo is back!

We would love to have you join us for an afternoon filled with Yin Yoga and Meditation. (Just like old times!)

Here is what you will get:

- A short lecture on the meaning of gratitude and how to find it in your everyday life. Plus a handout with all of the information.
- A yin yoga session to open your heart and body to gratitude.
- A meditation to cultivate your awareness to gratitude.
- A little gift to bring gratitude home with you.

Please RSVP to Toni at toni4yoga@gmail.com or to

Cyndee at bunnylady23@gmail.com. We will help you arrange payment.