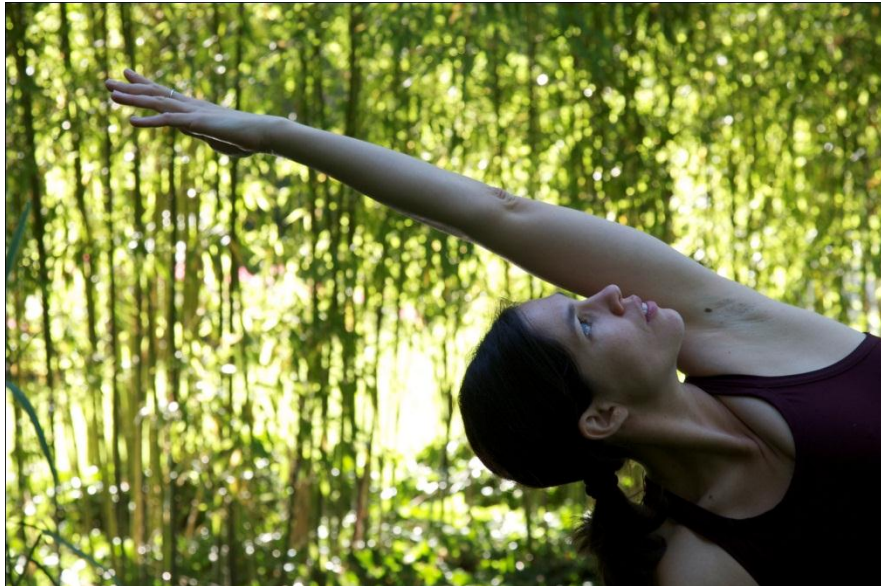


Deepen Your Practice with Leah Wrobel

Saturday September 13
9-12 45\$ workshop

Expansion

Abundance Wellness center
325 John Knox Rd. Bldg T, Suite 1



An opportunity to deepen from within your understanding of Hatha Yoga; The Workshop is recommended to anyone who has at least one year of experience practicing yoga and will be geared towards a profounder understanding of ones personal practice with attention to the principal of *Expansion*.

9-9:50 Sitting and Pranayama

9:50-10:05 Break and Refreshments

10:05-11:50 Asana

11:50-12 Relaxation

To register or for any questions please
call Leah at
850.980.6338

Or email – wrobelleah@gmail.com