

Restorative Yoga, Acupressure & Essential Oil Workshop

with Brandy Falcon, L.Ac., E-RYT, & EO Educator

Sunday, February 4th
2:00 pm - 4:00 pm
Bayview Room, PCC

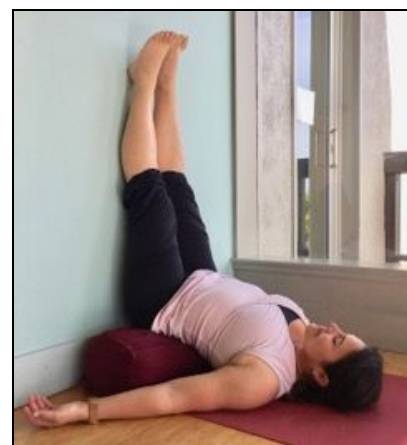


Do you want to make self-care a priority in 2018? Give your body, heart and mind the precious gift of restorative yoga.



In this 2 hour workshop, we'll explore several relaxing yoga postures that will create the conditions to heal on a very deep level. We'll also add to the experience by combining essential oils with specific acupressure points to help regulate your energy and create inner harmony.

All participants will receive a calming 5mL essential oil blend to take home. No experience is necessary, and everyone in our community is welcome to attend!



Workshop Pricing:

(Includes 2 hr. Session and 5 ml. essential oil blend gift)

Members: \$25 per class

Non-Members: \$30 per class

Space is Limited! Sign Up today:

<https://pcc.clubautomation.com/calendar/event-info?id=9625&style=0&isFrame=0>