

ENERGY ESSENTIALS

WITH ERICA LINSON

Learn essential basics for working with your personal energy that reduce stress, increase focus and facilitate a healthy self-care and flow in day to day living.

OCTOBER 6-27
THURSDAYS, 5:30-6:45PM
YOGA STUDIO

MEMBERS \$65 | NON-MEMBERS \$75
DROP-IN IN RATE*: MEMBERS \$20 | NON-MEMBERS
\$25 *Available for the first two sessions only

