

Discover The Power of Going Within

Experience Inner Peace and Restoration of Mind, Body, and Soul at our Gentle Yoga and Meditation Workshop



In this workshop you will be given the tools needed to develop your own yoga/meditation practice.

You'll learn how to be still and gain clarity about love, life, health, and all other things that are unclear for you. Connect with your higher self to relax and restore your mind, body, and soul.

Donna Webb will take you on a journey of well-being for your whole self.

You'll leave shifted to a higher state of consciousness, and your heart and soul will thank you for the gift.

Date

**Sunday,
October 19**

Time

10:00am

Cost

\$20

RSVP

**To RSVP, please call
(916) 258-5425.**

**Our workshops fill
up quickly, so call
today to reserve
your spot!**



THE STUDIO Martial Arts and Fitness
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