

# Yoga and Meditation Workshop

*Discover the power of going within and experience inner peace and restoration of mind, body, and soul*



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.

Instructor 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,  
September 20**

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**  
**(916) 258-KICK (5425)**

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