

MYS California presents



RELAXATION & REGENERATION WORKSHOP



A Workshop focusing on **Relaxation & Regeneration**. We will present postures & exercises to produce physical & mental relaxation with a meditation to help regenerate the mind, body & soul. We will conclude the 2 hour workshop with an amazing, energizing **Gong Bath**, a healing tool for the mind, body & soul.

The Workshop is conducted on our luxurious Imported Wool Kundalini Mats.

Workshop will be presented by **Helen Lynch** IAYT800, RYT500,
Educational Director **MediYoga** in USA.

Seaside Yoga Sanctuary

Seaside, California

Friday March 13 7-9pm \$30

www.seasideyogasanctuary.com

www.medicalyogasweden.us



