

Restorative & Interactive Healing

with Assistant Manager, Kerensia Cochran

hosting a HAVEN Clothing Trunk Show with Ashley Domsic

Saturday, March 5, 2016 1-4pm + HAVEN from 4-5pm

300 Grand Ave, Pacific Grove Studio

COST:

\$50/\$60 Day Of



10% of ALL proceeds from the workshop & HAVEN go to the McKinnon family in honor of the loss of their son, Bo Hudson McKinnon.

This is YOUR time to have personal questions about LIFE LOVE & YOGA confronted.

- Write down anonymously on a sheet of paper what's caused you pain/fear, kept you up at night, or had your mind in a state of wonder. This can be ANYTHING you'd like Kerensia to address in the workshop.
- Fold it up and ask the teacher available, or Kerensia, to submit this in the envelope at PG labeled "3/5 Workshop w Kerensia".

From 1-4pm you will be led into restorative postures and hold these comfortable, supportive poses for up to 20 minutes giving the nervous system plenty of time to calm and the mind plenty of space to unwind, open up and receive verbal guidance. As you begin to unwind, Kerensia will address your topics and mindfully guide you on an open-hearted journey towards healing.

HAVEN TRUNK SHOW + OPEN HOUSE with Ashley Domsic 4-5pm

You do NOT need to attend the workshop to come enjoy connecting with the community and shop around. Light snacks and refreshments available!

Please join us for an exclusive chance to shop HAVEN Collectives activewear line. Our essential pieces are beautifully designed with fabric sourced from eco-conscious mills and are ethically sewn in America. Come find your HAVEN.

HAVENCOLLECTIVEYOGA.COM



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