

Mother's Day Stretch & Sound Bath

Join us at the studio

Yoga Flow *with mercedes*

40 minute nonheated yoga
flow made for everyone no
yoga experience needed



\$40



Sound Bath *with mikaela*

60 minute balancing and
restoring sound bath honoring
all mothers

SUNDAY - MAY 10

10:30 am - 12:30 pm

Bloom Bar & Sips

make your own bouquet for yourself or someone special

