



Shore Zen Series: Q2

GLOW, FLOW and POUR

Saturday, April 7th at 6:30pm

Come experience a fun and energizing practice with glow paint, black lights and Dog Fish Namaste beer.

\$20/person

Radical Self Acceptance Workshop

Saturday, May 19th at 11am

Come join Amber Karnes the founder of Body Positive Yoga.

Drawing on mind-body, self-awareness, and practical self-care techniques, we'll discover ways to boost confidence, get in touch with our inner badass, and foster a healthy self image.

\$25/person

Chemical Free Home:

Living Healthy with Essential Oils

Saturday, June 9th at 11am

Join Abby Brassfield for round #2 of our living healthy with essential oils workshop! Learn how to create a happy, healthier home using essential oils!

\$25/person