



# Harmony Within: A Yoga and Health Mini Retreat

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SATURDAY, JUNE 6 AT LAVA CITY PARK  
OFF MAIN ST.

3-5pm Join us for yoga, hand & head massages, massage chair, acupressure, acupuncture, and healthy light bites

\$25 per person, cash or Venmo at arrival.

RSVP appreciated - link in comments or Insta bio

Call Lori Head with questions 208-251-2047

