

MIND YOUR BODY PRESENTS
WELLNESS, YOGA, SOUND BATH, FOOT
ZONING, ACUPUNCTURE, AND MORE

POST- THANKSGIVING

Wellness

FRIDAY NOVEMBER 28, 2025

3-5PM

*3:00pm Yin Yoga with Lori
Head*

*3:50pm Sound Bath by
Enchantments*

*Group Acupuncture, Chair
Massage*

Scalp and Hand Massage

\$35

20 SPOTS AVAILABLE
PRE-REGISTER USING QR
CODE



Please pre-register!
only 20 spots available

www.mindyourbodypocatello.com
234 S. Main St, Pocatello, ID

MIND YOUR BODY

