



A well-deserved evening of relaxation awaits!

Join Flostate and **Mindful Body & Skin** for another amazing UnWINEd Event!
 UnWINEd into Fall 🍁 with Restorative Yoga, Sound Bath Meditation, Chakra Balancing Tuning Forks, Seated Chair Massage and of course, WINE! 🍷

Thursday, November 6th, from 5:30-8:00 pm

\$79 per person or \$120 for 2 tickets!

Stonemill Farms Community Building:
 11390 Waterview Way, Woodbury, MN 55129

The experience includes:

- 45 minute **Restorative Yoga** flow - A yoga series designed to warm, release and calm the body.
- 15 minute **Sound Bath Meditation** - Sound frequencies designed to promote deep relaxation, reduce stress, and bring the body into a meditative state of harmony and balance.
- Choose from a **tuning fork experience** to balance your energy centers (chakras) or a **seated chair massage** to relax and release tight muscles.
- A **reception** with delicious small bites, wine selections and NA options.

This is your opportunity to fill your cup! Join us for what will be a memorable evening for your mind and body. Sign up today! Bring a friend for a discounted rate. *25 People Max. Sellout expected.*



Visit
www.theflostate.com/events or scan the QR
 code to purchase.

