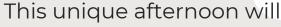


Join

Yoga Therapist Tracy Roberge, RYT500 & Indian Massage Therapist Kerrie Breit of

head2heal.ca for an...





weave several healing modalities together promoting a profound sense of relaxation and inner balance!

Saturday, May 18 | 1:00-4:30PM | \$95+GST

Experience a private indian head massage in between releasing tension with myofascial release, exploring your inner playfulness with gentle trilotherapy techniques, movement and yogic motion.

The final delight is a yoga nidra practice with an

opportunity for a foot trigger point release.

Tea to follow!

Auburn Bay Location

Register at:

403-918-6537

www.yogatherapyworks.ca

