



Join

Yoga Therapist Tracy Roberge, RYT500 &
Indian Massage Therapist Kerrie Breit of
head2heal.ca for an...

Afternoon Delight Workshop



This unique afternoon will 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

