

# August Workshops, Special Classes and Trainings

Make today  
*amazing!*



## Thursday Special Classes in August

7:15pm-8:30pm

Regular Class Rates Apply

August 8th **Yin and Myofascial Release** w/Melissa

August 15th **Slow Flow** w/Angela

August 29th **Yin and Sound** w/Melissa

Restorative Yoga, Massage and Reiki  
Thursday August 22<sup>nd</sup> 6:30pm-8:30pm  
w/Tricia, Melissa and Reiki Practitioners



Now Accepting Applications for 300 Hour Yoga  
Teacher Training



Starts October 1<sup>st</sup>

## *Lend a Hand*

Mother Nature has been good to us this summer  
and in thanks we are lending a hand to her.

Join us September 8th @7am  
to help clean up Rexhame Beach  
More Details to Come!



## REIKI TRAINING

Reiki Level 1  
September 28th  
12pm-6pm

Reiki Level 2  
October 26th  
12pm-5:30pm

Reiki Level 3  
November 2nd  
12pm-5:30pm

1948 Ocean Street  
Marshfield

[WWW.UNPLUGYOGA.COM](http://WWW.UNPLUGYOGA.COM)

## Women's Wellness Event

OCTOBER 26TH  
10:30AM-5:00PM



