

YOGA · SOUND · ENERGY HEALING

# NICOLETTE & KRISTEN



Join us for a transformative afternoon of Yoga, Sound, and Energy Healing at Oxygen Yoga & Fitness in North Vancouver – This is more than just class – it's a deeply healing journey designed to help you reconnect with your inner peace, restore your energy, and guide your nervous system into a state of calm.

- ✦ Flow gently through mindful yoga
- ✦ Immerse yourself in the soothing vibrations of sound healing
- ✦ Receive powerful energy alignment to balance mind, body, and soul

SATURDAY, JUNE 22

12.30 PM – 2.30 PM

INVESTMENT: \$99

<https://kristensacredsoul.as.me/innerbalance>

