



MEDITATION IN MOTION

Wednesdays 9am In Person

Ashley Murphy, LMFT, Yoga Therapy Teacher-In-Training
Owner of Full Bloom Wellness, LLC
40 Court Street, Mathews, VA 23109

**Come relax and practice self-love with a gentle
blend of Yoga Therapy, Breathwork, Meditation,
Energy Work, and brain based nervous system
regulation techniques \$15/group**

**Space limited and pre-registration required- contact 757-903-6978 or
fullbloomwellness23@gmail.com**