

Give Your Body & Mind Some R & R

Thursday, July 12

7:30-9 PM

**MadPower Training
Center**



Join Kristin Bott of
Mindful Wellness LLC at
MadPower for:

**Learn techniques to help you be present,
de-stress, recharge, and live with more
self-compassion & mindfulness!**

- *Guided stretches
- *Myofascial releases
- *Guided breathing
- * Meditations

Relax,
Release,
Restore,
Renew



Take Some Time for YOU! \$30

Includes 1st Happier Hour drink on us! [Click Here for Tickets](#)