

YOGA WORKSHOP

- Come relieve the tension
- Unwind and connect with your body and mind
- Choose you
- BYOM-Bring your own mat



BODY MIND & SOUL

Date: February 3rd
and 10th, 2023

Time: 6pm,

School: FDR High
School

Join us, the more the
merrier!!!

Zoom ID: 374 817
3701

Passcode: yjv2r4