



OM + OILS



WEDNESDAY, JANUARY 10
6:30 - 8:00 PM

WORKSHOP



JOIN US FOR A FUN WORKSHOP TO LEARN ABOUT INCORPORATING ESSENTIAL OILS INTO YOUR EVERYDAY LIFE. THERE IS AN OIL FOR RELAXATION, MOTIVATION, SLEEP, IMMUNITY AND SO MUCH MORE!

THERE WILL BE A 45 MINUTE ESSENTIAL OIL SESSION FOLLOWED BY A 45 MINUTE GENTLE YOGA CLASS LED BY ASHLEY GOLDBERG USING ESSENTIAL OILS IN OUR PRACTICE.

ALL LEVELS WELCOME.
ADULT CLASS.

248.480.0452
BORN YOGA STUDIO.COM

REGISTRATION IS REQUIRED
\$15