

Yoga & Nutrition Workshop

Saturday, March 12th, 2011 11 - 3 pm
REDONDO BEACH, CA

when/where

what

YOGA + MEDITATION + GREEN RECIPES + TASTY TREATS



Join Lynn and Marla for a journey into more vitality and energy. We will offer you tools to make some long term changes thru **yoga and healthy food choices**; sharing our knowledge and offering yummy treats and recipes to take home. We will enjoy a yoga practice, both strong and soft, with mindful meditations and restorative poses. Indulge in tasty, healthy treats, learn how to become more nutritionally aware and take home some green recipes.

This class is open to all levels. **price \$45** Space is limited, so contact us now.
You cannot afford to miss this positively fun event!

ACT SOON ON YOUR GOOD INTENTIONS.



downdogyoga
relax. breath. enjoy.

contact:

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