



Visit our website!



CBD Restorative Yoga Classes



Dates:

Sunday 12/9 7:00-8:30pm (Winter Yoga Nap) Julie

Friday 12/21 7:00-8:30pm (Solstice Version) Teresa

Tuesday 1/1 12:00-1:30pm (New Years Nap)

Christine

Shower at home to be super clean and happy. Snuggle up in cozy, comfy, loose clothing. Slowly drive to the sweetest little yoga studio. Drink warm licorice tea and chat with friends for a bit. Then, rest and restore in relaxing shapes and poses using our bolsters, soft blankets and other props to go deep into relaxation and comfort.. Use innovative, legal CBD salve (hemp, coconut oil, olive oil and arnica) to gently self-apply to special areas of your body that need love. Slither home to bed. Please do your own research as to whether or not you want to participate in the use of CBD salve. Be sure to wear clothing so your special spots are accessible. Don't wear your mom's vintage prom dress that might get salve stained. Take your small container of CBD salve home with you.

\$35 if you PRE-register

\$25 for ECP folks and yogamn/Blooma staffers)

\$40 day-of..please register early. This class will fill.

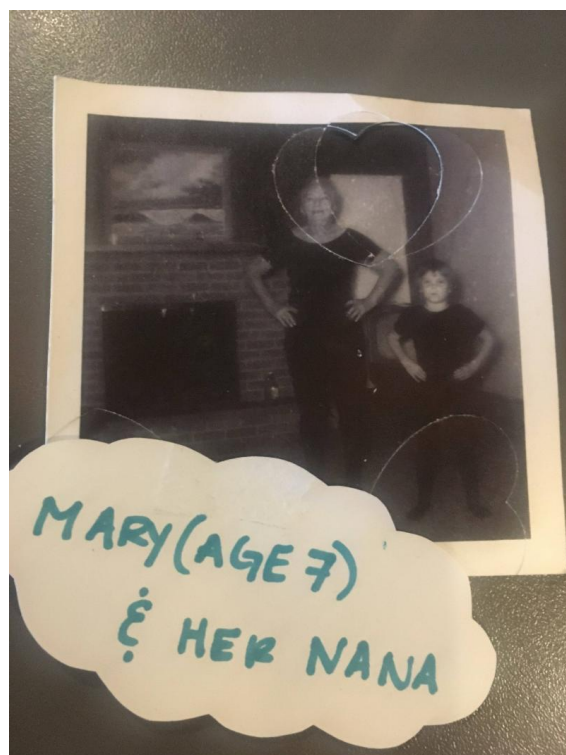
Click [HERE](#) to register through our website!

Thanksmas is our December Theme:

The special time of year when we celebrate all people, traditions, ceremonies and much much gratitude.



(Mary's 5 grands!!)



I love you all so very much. Come do more yoga, so you can be more
Thanksmas-y.

Maree — :♡♡

