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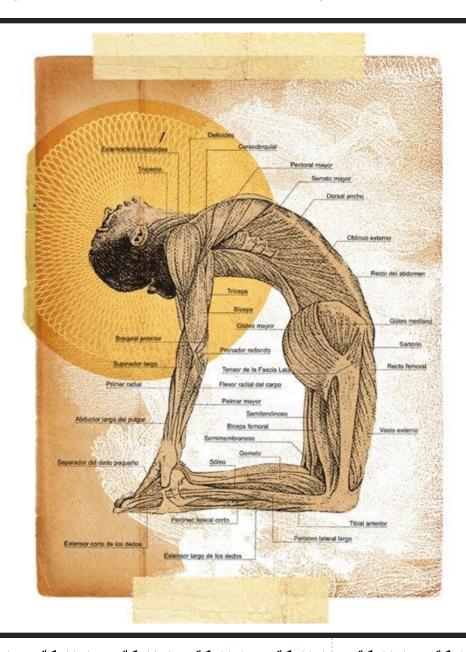
SATURDAY, OCT 24 2-4 PM \$20

Yoga Sanctuary Mpls

holistic, nonprofit studio

This workshop will be a time to breathe life into your mind-body connection. Grow in reverence for the inner workings of your body.

We will explore several organs of the human body and how yoga poses nurture organ function. Come to celebrate your deep self, explore movement and the body's interconnectedness, and learn the poses to support your health and wellness.



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