



RELAX AND RESTORE YOUR ENERGY

with Terri Cotts

Saturday, February 25, 2:00 - 4:30 p.m.

\$45.00 workshop

(\$15.00 non-refundable deposit)

Offer yourself a gift and take the time to deeply relax and release places of tension held in your body and mind. In this workshop, we will use supported yoga postures, soothing music, and guided breathing meditation to bring relaxation and healing to your body, mind, and spirit.

*The class will be held at Many Waters Wellness Center,
800 Sprague St., Walla Walla, WA..*

*Class size is limited so please pay your deposit to hold your space.
checks payable to: Terri Cotts, 326 Newell St., Walla Walla 99362*

