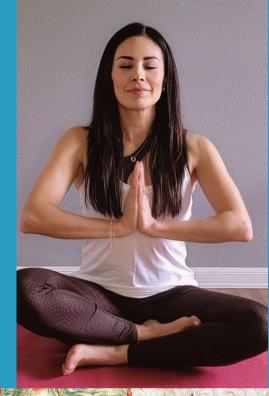


Maylen Arroyo BALANCED AND BRIGHT

A Holiday Wellness & Yoga Gathering

Thursday, December 12, 2024 6:30 PM 8:00 PM



Join us for our first Wellness Circle! Discover practical tips for celebrating the holidays with balance and well-being in mind, followed by a refreshing 40-minute yoga session.

- Casual Conversations Together
- Wellness for the holidays
- 40-min Yoga Session
 - No experience required
 - Enhance flexibility and strength
 - Calm your mind

heyb

Improve posture and balance

