



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**
 - **Improve posture and balance**



THE
heybrook
the place for parents