

Shift Your Vibration from Summer “High Gear” to Autumn Ease!

- ▶ Release tension and stress through gentle **restorative yoga** poses, mindful movement and simple breathing practices
- ▶ Enjoy therapeutic grade **essential oils** that promote calm and relaxation
- ▶ Set a heart-based intention during **yoga nidra** (guided deep relaxation) to ground into the new season



Saturday September 21st, 1:00 - 3:00 pm

Sliding Scale Registration: \$20/\$30/\$40

Go to SolunaSolutions.com/Offerings OR Venmo @Sheetal-Contractor

Slow Down... Soothe the Soul... Set Your Intention



About the instructor: Sheetal Contractor is a licensed massage therapist, yoga educator, wellness coach, author of *'Explore Your Chakras'* and creator of the YouTube channel *'Empowered Wellness with Sheetal'*. Her yoga background includes training from a variety of styles and teachers over the past 20+ years.

Sheetal's programs offer personalized attention to allow each person to learn according to his/her needs. Her mission is to help individuals reclaim their power when it comes to health and wellness. Sheetal herself strives to “live her yoga” and hopes to inspire and support others to do the same.