

Be Your Own Valentine



Love is the great miracle cure. Loving ourselves works miracles in our lives.

~ Louise Hay

Explore being in LOVING relationship with your WHOLE Self by...

- Nurturing your **BODY** through a restorative yoga practice that includes self massage (for face and feet) and essential oils
- Soothing your **MIND** using HeartMath techniques and Self-affirmation
- Embracing your **SPIRIT** during a deeply relaxing yoga



Saturday, February 15th, 1pm - 3pm

Sliding Scale Registration: \$20 - \$40

Go to SolunaSolutions.com/Offerings

OR Venmo @Sheetal-Contractor

(enter "Be Your Own Valentine" Workshop in Comments)



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.