



# Spring Cleaning for Your Whole Being

It's the season for spring cleaning...  
that includes ourselves!

Join me to welcome spring! Together we will...

- Clear the winter “cobwebs” through mindful movement and therapeutic yoga
- Unblock stuck energy and raise our vibration
- Plant intentional seeds to further our growth
- Nurture ourselves with essential oils & *marma* self-massage



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**Saturday, April 12th, 1pm - 3pm**

Sliding Scale Registration: \$20 - \$40

Go to [SolunaSolutions.com/Offerings](https://SolunaSolutions.com/Offerings)

**OR Venmo @Sheetal-Contractor**

(enter “Spring Cleaning” 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.