



Mothers Day R&R

with Sheetal Contractor,
LMT, ERYT, Wellness Coach

Nurture your Divine Feminine and share in some R&R!

- Release & Restore your body through a restorative yoga practice with essential oils
- Refresh & Revitalize by moving your *prana* (life force) with gentle breathwork
- Rest and Relax deeply through guided *yoga nidra* (yoga “sleep”)



Saturday, May 10th, 12 - 2:00pm

Sliding Scale Registration: \$20 - \$40

Go to SolunaSolutions.com/Offerings

OR Venmo @Sheetal-Contractor

(enter “Mothers Day R&R” 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.