

Wellness Workshop With YOGA

Join us for a '7 CHAKRAS PURIFICATION' workshop designed to work on the Body, Mind, Emotional state, and pure consciousness of Spirit.

This ALL LEVELS practice offers centering, chanting, breathwork, yoga poses, and guided meditation. It is all combined with a therapeutic grade of essential oils.

Let's come together to reconnect within, reset your nervous system, release emotional stress and physical tension, recharge the body, and relax the mind.



Renata Bonar
'RENIA'

- Yoga Teacher
- Holistic Life Coach



**In the comfort of
Blakely Hotel's
gym.**



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