



Fun Lovin' Yoga with Essential Oils

Wednesday, February 27th 7:30 p.m.

Sacred Path Yoga

1146 W Jefferson St. Shorewood, IL

During class we share healing techniques, essential oils, music, love, and community in a fun lovin' way woven into our practice of Asana (yoga postures), pranayama (breath awareness) and meditation in a beautiful space. A sacred space.

Yoga with Essential Oils is a way of life. It is a discipline of practice unifying the mind and the body while awakening awareness to feel your true self. It is the only discipline Pamela has practiced consistently for 20 years.

"Through awareness, we transform our body and our mind to meet our soul." ~ Pamela



www.funlovin oils.com