

RESTORATIVE

Yoga

AND THERAPEUTIC

Harp



DEC 7th

2-4pm

Instructor: *Julie Haesche* - RYT-500, CYT, RMT

Harpist: *Marcie Guenet Swift* - M.Ed. NCSP CMP



**PRE REG REQUIRED

\$60
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A complement to an active lifestyle and an excellent antidote to stress, restorative yoga and therapeutic harp music are combined to help you slow down, and soothe your entire being. Class consists of longer held, supported poses and guided meditation to let the body and mind fully surrender and release. Reiki assists are offered as a way to support deeper healing and relaxation.

**All levels of practice welcome.*

Photos by: John Kane

MORE INFO @ VALLEYSPIRITWELLNESS.COM