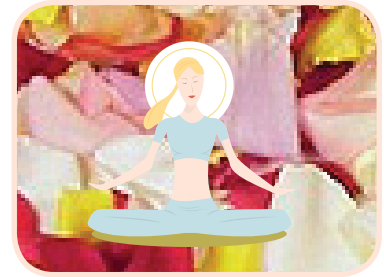




111 West Water Street, Toms River, NJ 08753  
www.centerforhealthandhealingnj.com  
Phone (732) 505-8282

## Pampering Yoga Workshop

Come and enjoy by a CANDLE LIGHT 1 & 1/2 hour Gentle yoga class, to be followed by a tranquil 1/2 hour of guided meditation (WHILE YOUR FEET ARE BEING MASSAGED with hot lavender scented towels.)



All while lying on rose petals, and ending with chocolate treats giving. FABULOUS!!!!!!!!!!!!!!!

This class is designed to help you get to a deeper layer of relaxation. Helping to peel away layers of stress and tension. Revealing a calmer and more peaceful you.

Call to reserve your space today!!!

Saturday Nights

Check for exact dates here:

<http://www.centerforhealthandhealingnj.com/yoga/workshops.html>

7 - 9pm  
with Dawn  
Fee \$35.00

(sure to sell out)

