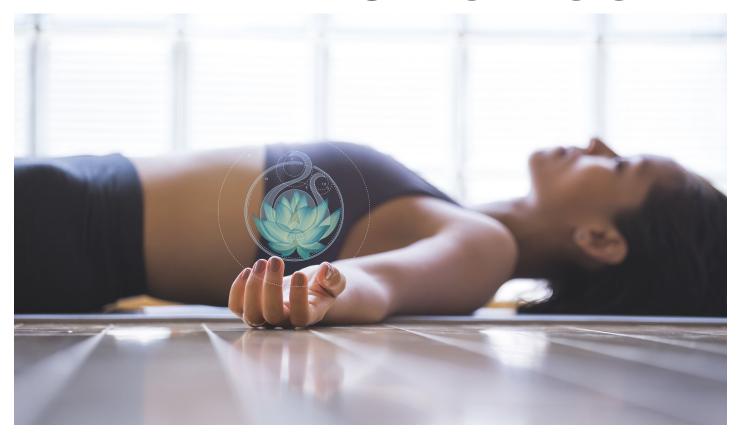
## THERAPEUTIC YOGA



## THURSDAY EVENINGS AT 7PM & FRIDAY MORNINGS AT 9AM

Enjoy an all-levels yoga class focused on gentle relaxation to ease into the weekend combined with self-care practices for you to take home and implement on a regular basis.

## LED BY KELSY TIMAS

Visit guidingwellness.com/servies/shop-2 to register online



Guiding Wellness Institute 910-864-6257 143 Skateway Drive Fayetteville, NC 28304