



# RESTORE & HEAL YOGA MEDITATION

**FRIDAY, APRIL 24TH**

**7:30-9:00PM**

**\$25 PER PAID (\$30 AT DOOR)**

Join Kelsey for this healing Restorative Yoga class as she leads you through gentle movements accompanied by props for the ultimate comfort & zen. This class will also provide some guided meditation with Reiki energy healing, light massage & aromatherapy to amplify your healing journey and allow you to melt deeper into your space.

**Pre-register online: [www.updogyoga.com/workshops/workshops-sterling-heights](http://www.updogyoga.com/workshops/workshops-sterling-heights)  
13911 19 Mile Rd. Sterling Heights, MI 48313 586-232-9555**



Named 2017 "Best Yoga Studio in Metro-Detroit" by WDIV ClickonDetroit.com