

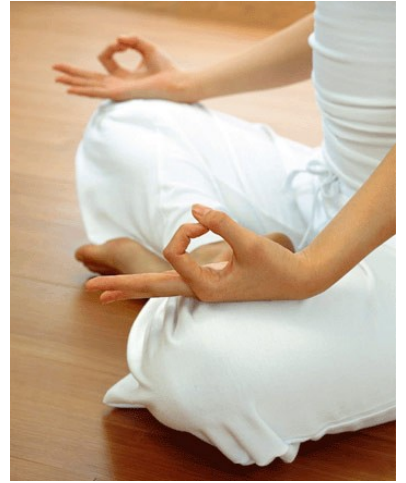


create yourself as a masterpiece

Relax, Restore & Renew

Yoga Workshop

End your work week with a 2 hour candlelight yoga class led by yoga instructor, Jennifer Jones. This class will combine restorative and yin poses, as well as some gentle movement, to lead you into a place of deeper peace and stillness. Come enjoy the process of slowing down and allowing yourself to just be.



*“Sit quietly
doing nothing,
spring comes,
and the grass
grows by
itself.”*

- Zen Wisdom



Masterpeace Studios

Friday, August 27th

7 - 9 pm

\$15

Pre-registration is required.

**Please contact 314-918-7747 or
mail@masterpeacestudios.org
to register.**

Masterpeace Studios

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