

# release

yoga workshop for chest,  
shoulders and upper back

may 23rd from 1:00 to 4:00pm

fee: \$40 • rsvp 310 374 5933

Join Simone and Nancy in getting into and opening those "hard to get to" places. Introducing the Yoga Stick and new techniques for opening and releasing tension and tightness.



lyfe™  
YOGA CENTER

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