

Yoga Radiance



Engaging In Your Life...

Date

The First Monday of each month

Time

6:30 pm

Location

Health Finders

Additional Info:

Located in Coastal Grand Mall

Join Us!

Join us for this wonderful event. Learn yoga with your friends.

Bring Your Mat

A series of supportive poses to nurture and nourish the body during active treatment of Cancer and for the Warriors who survived.

Please bring a notebook or journal to write in. Plus a medical note from your doctor.

Class is free and you will be entered in to a lottery for a complimentary Dr. Hauschka Facial treatment by Amanda.

Contact

Amanda Powell-Wooten

www.elementsdayspace.com

amanda@elementsdayspace.com

(843) 839 – 2762

OR

Sarah Pope

Executive Director, SOS Health care Inc.

www.sos-healthcare.com

sosed@sc.rr.com

Phone: 843-449-0554

About Amanda...

Amanda's approach to Natural Healing is kind and heartfelt, emphasizing mindfulness to create awareness, releasing deeply held tensions and to open our body's natural healing resources. Amanda currently maintains Elements Day Space which offers Massage, Facials, private Yoga Therapy sessions, and workshops for lifestyle changes.