

Yoga Radiance



Engaging In Your Life...

Date

Mondays Jan 2, 2012 – Feb 20, 2012 (8 week series)

Time

6:30 pm – 7:30 pm

Location

Ethics & Elements
2954-B Howard Ave
Myrtle Beach, SC 29577

Additional Info:

This is a non-profit program by Elements Healing Space associated with SOS Healthcare.

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

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OR

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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.