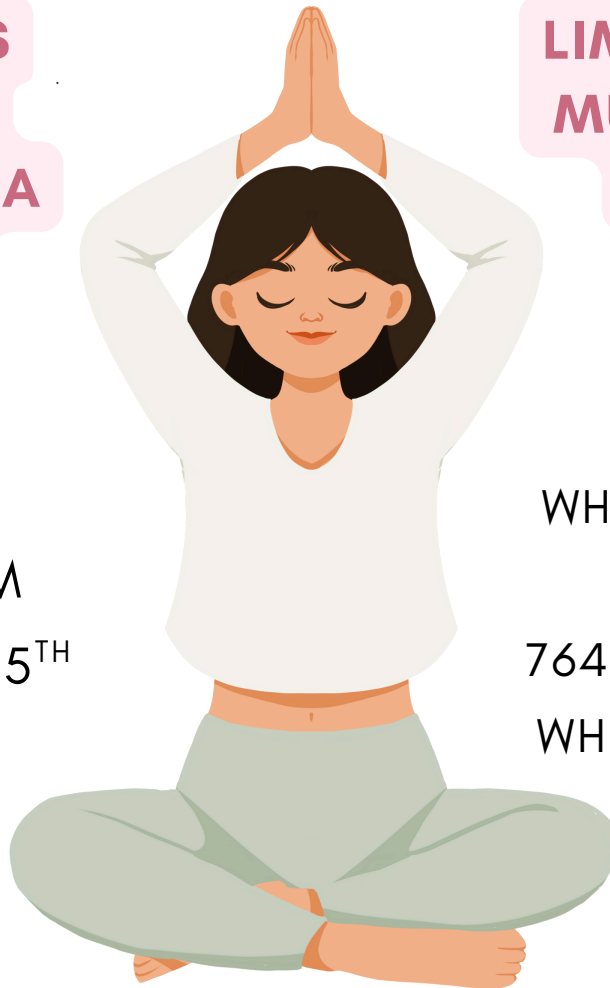


Gental Yoga

**JOIN US FOR A CALMING INDOOR SESSION COMBINING
MINDFUL MOVEMENT AND BREATHWORK TO PROMOTE
PERSONAL WELL-BEING.**

**PARTICIPANTS
(18+) WILL BE
ENTERED INTO A
GIFT CARD
RAFFLE**

**LIMITED SPOTS.
MUST CALL TO
RESERVE.**



**10:00 - 11:00 AM
THURSDAY, JUNE 5TH**

**WHITTIER WELLNESS
CENTER
7643 S. PAINTER AVE
WHITTIER, CA 90602**

FOR RESERVATIONS: (562) 775-6104

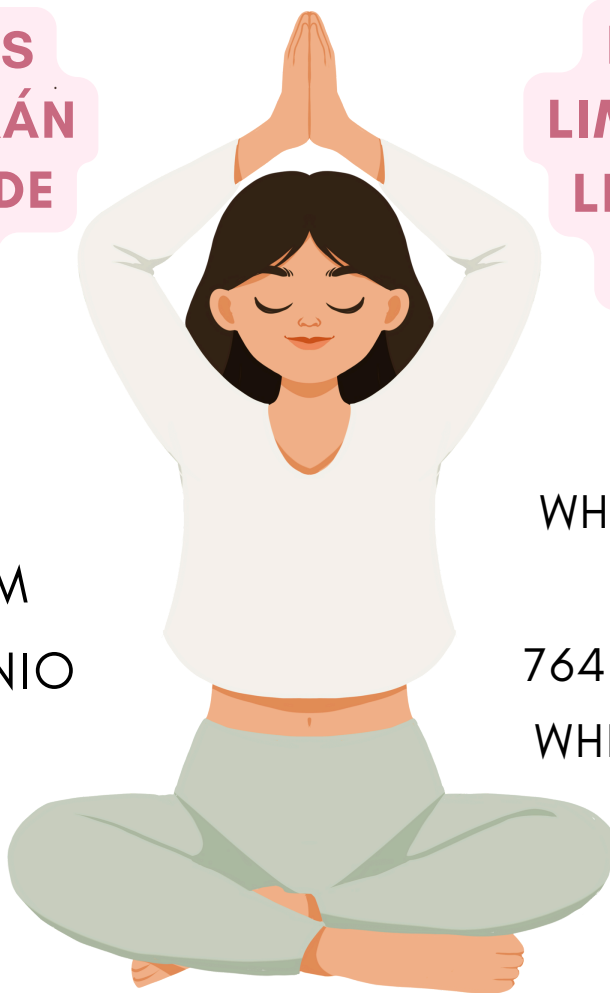


Yoga Gentil

**ÚNETE A NOSOTROS PARA UNA SESIÓN RELAJANTE QUE
COMBINA MOVIMIENTO CONSCIENTE Y RESPIRACIÓN PARA
PROMOVER EL BIENESTAR PERSONAL.**

**PARTICIPANTES
(18+) PARTICIPARÁN
EN UN SORTEO DE
TARJETA DE
REGALO**

**EL CUPO ES
LIMITADO. DEBE
LLAMAR PARA
RESERVAR.**



**10:00 - 11:00 AM
JUEVES, 5 DE JUNIO**

**WHITTIER WELLNESS
CENTER
7643 S. PAINTER AVE
WHITTIER, CA 90602**

PARA RESERVACIONES: (562) 775-6104

