

INNER JOY

WORKSHOP

Is your flame flickering?
Are you looking for a spark of
reignition?

Join us for an afternoon of Breathwork,
yoga, guided meditation, and Joy Reignition
exercises at The Sweaty Buddha.

Sunday, May 7th

1 - 3 pm

\$30

Nicole Landrus



RYT 200 hrs and Breath Work
Master

Elan Hardy



IWA Certified Life Coach and Joy
Reignition Specialist

