



# *Mindful Yoga– Mindful Eating*

*Trust the wisdom of your body !*

**1550 South Pearl Street– 4th Saturday 3-5p**

*JOIN US ONCE A MONTH AS WE CULTIVATE MINDFUL EATING PRACTICES  
AND SHARE A PATH TOWARD PEACEFUL, HEALTHY, EATING AND LIVING*

- *GENTLE FLOW YOGA*
- *GUIDED MINDFUL EATING PRACTICES*
- *DISCUSSION AND SHARING*
- *ABSOLUTELY NO EXPERIENCE NEEDED !*
- *DROP IN, BUT PLEASE RSVP SO WE  
KNOW YOU'RE COMING !*

Pearl Street Yoga

**For more info. And to RSVP:**

**[www.integrativelife.net](http://www.integrativelife.net)**

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**303-733-9519**

INTEGRATIVE LIFE



SERVICES



**[www.pearlstreetyoga.com](http://www.pearlstreetyoga.com)**