



Mindful Yoga– Mindful Eating *Trust the wisdom of your body !*

1550 South Pearl Street– Monthly Workshops

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

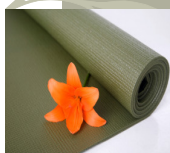
- *GENTLE AND RESTORATIVE YOGA*
- *GUIDED MINDFUL EATING PRACTICES AND INSTRUCTION*
- *DISCUSSION AND SHARING*
- *ABSOLUTELY NO EXPERIENCE NEEDED !*
- *PLEASE REGISTER ONLINE WWW.PEARLSTREETYOGA.COM*

OR RSVP: ERICA@INTEGRATIVELIFE.NET

303-733-9519

**FOR MORE INFORMATION
AND SCHEDULE OF MONTHLY
WORKSHOPS AND EVENTS !**

www.integrativelife.net



Pearl Street Yoga

