



# REST RETREAT FOR MAMAS

Offered:

- **March 14**, Sat, 2-4:30p
- **April 25**, Sat, 3-5:30p
- **Location:** Barefoot Yoga Studio  
(601 Main St #210, Woodland)

Mei @ **Barefoot Yoga Studio** and **Davis Women's Circles** are joining together to bring you an uplifting rest retreat you wouldn't want to miss.

## INCLUDES

- ✓ Soundbath
- ✓ Gentle yoga/stretching
- ✓ Davis Women's Circle
- ✓ Tasty refreshments
- ✓ And more...



**SIGN-UP TODAY!**

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