

Feathers Wellness Studio

... Empowering You To Soar

Fridease Workshop



This deeply relaxing class combines Gentle Yoga, Yin Yoga, Meditation, Yoga Nidra (Guided Meditation), and restorative yoga to relax

and refresh your body and mind.

- Release the stress of the week
- Increase relaxation response
- Improve flexibility safely

Start the weekend off resetting your body and mind to be refreshed and renewed.

aaaaahhh!

12 Union Street Weymouth

339-499-1057

www.FeathersWellnessStudio.com

Friday February 3rd

from 7 pm to 9 pm

Cost: \$25