

MARCH

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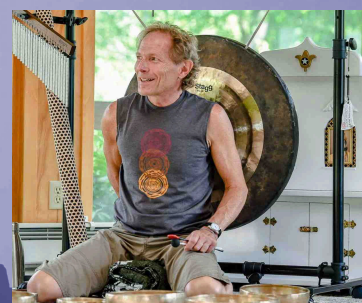
the Dancing Life

celebrating the *Sacred You!*

a Partnership with
Sacred Dance
& Yoga



Jessica Zacharias • Intuitive Dancer



Pavel Bednarski • RYT Reiki Master



RED LOTUS
YOGA

Presents

Pavel &
Jessica

Friday • 31 March • 2017

7:30 - 9:00 PM

Join Us for Your preparation of the Season Change

30 min. of Chakra Stimulating Yoga

40 min. of Transforming, Healing, Joyful & Self
Expression Dance (no prior dance experience required)

20 min. of Soothing Sound Vibrational Bath

248•601•9642

www.redlotusyoga.com

1900 S Livernois Rochester Hills Michigan

\$25 in advance \$30 at the door space limited