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ACUPRESSURE AND YOGA WITH ALYSSA

Friday April 21, 7:30-9:30

Red Lotus Yoga

1900 S. Livernois

Rochester Hills, 48307

248-601-9642

Redlotusyoga.com

Acupressure points help to release tension, increase circulation, reduce pain, and develop a deeper connection to self. In this workshop

we will utilize both yoga poses and acupressure points to aid the many layers of the body. We can take small steps every day to balance our true

self, and learning these points will continue that vibration of good health and vitality.

Cost \$30 in advance and \$35 at the door