

## **WOMEN'S WELLNESS SERIES**

(Mondays, March 18 - April 22, 5:30 - 7:30pm @ Orcas Mandala Yoga Studio)

This 6-week Series provides resources and self-care tools to holistically support Women's long-term vibrant health. Each class will include breathwork, guided meditation, anatomy, a movement practice and self-care tools for daily health and wellness.

Taught by Suzi Zobrist (LMT, E-RYT500).

\$120 for 6 classes. Pre-registration required 138 North Beach Road, Eastsound

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