



# *Relax and Restore Your Energy*

*with Terri Cotts*

*Saturday, December 9*

*10:00 a.m. - 12:30 p.m.*

*or*

*2:00 - 4:30 p.m.*

*\$50.00 workshop (\$15.00 non-refundable deposit)*

Offer yourself a gift by taking this time to deeply relax and release places of tension held in your body and mind. In this workshop we will use supported yoga postures, soothing music, and guided breathing meditation to bring relaxation and healing to your body, mind, and spirit.

*at Many Waters Wellness Center, 820 Sprague St., Walla Walla*

*Class size is limited please sign up early.*

*Checks payable to :Terri Cotts, 326 Newell St., Walla Walla, WA. 99362*

*terricotts.com 525-9058*