



# Relax and Restore with Wendy Hassenpflug

HASSENPFUG IS AN E-RYT YOGA TEACHER, INTEGRATIVE HEALING PRACTITIONER

JOIN US FOR BREATHING EXERCISES, GENTLE YOGA POSES, A  
GUIDED MEDITATION AND HEALING SOUND BATH.

TUESDAY, MARCH 8, 2022 FROM 12:30 – 1:30 PM