

WINTER SOLSTICE

AN INTROSPECTIVE PRACTICE

HIP OPENING, RESTORATIVE POSES,
BREATHWORK, INTENTION SETTING

create space for action with ritual
on the darkest night of the year
INTENTION SETTING BEGINS IN THE DEPTHS

BRING A JOURNAL

\$30 IF YOU SIGN UP BEFORE 12/5
\$35 IF YOU SIGN UP AFTER 12/5

DECEMBER 21st
5:00 – 6:45 pm

ANNUAL EVENT
WITH NEESHA



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