

# Yoga by Candlelight Restore & Renew

Enjoy a calm and peaceful workshop with deep restorative and gentle yoga poses, guided meditation, inspiring words and healing, gentle sounds (crystal bowls) by candlelight.

**Rest, restore and renew during the busy holiday season.**

Friday, December 8, 2017 6:30 - 8:30pm

Cost: \$40 (\$35 members)



Michelle Engblom is a professional who is passionate about exploring connections in mind-body-spirit, while also supporting and empowering individuals in their personal growth and development. She is involved in leading programs in expressive arts therapy, yoga, mindfulness based stress reduction and individual counseling.



#206, 2016 Sherwood Drive Sherwood Park . 780-416-4211 . [yogafortoday.ca](http://yogafortoday.ca)