

# Pre-Mothers Day R&R Workshop

**This is an invitation to “mother” yourself!**  
**Give yourself the attention & nurturing you deserve.**  
**ALL are WELCOME to participate!**

Share in a group **R&R** practice...

- **R**elease & **R**estore your body with therapeutic yoga and ball-work
- **R**efresh & **R**evitalize yourself with powerful breath-work
- **R**est and **R**elax deeply through guided *yoga nidra* (yoga “sleep”)



**Sunday May 5th, 1:00 - 3:00 pm**

Sliding Scale Registration: \$20/\$30/\$40

Go to [SolunaSolutions.com/Offerings](https://SolunaSolutions.com/Offerings)

OR Venmo @Sheetal-Contractor

Or Scan QR Code at Right



About the instructor: Sheetal Contractor is a licensed massage therapist, yoga educator, wellness coach, author of *‘Explore Your Chakras’* and creator of the YouTube channel *‘Empowered Wellness with Sheetal’*. Her yoga background includes training from a variety of styles and teachers over the past 20+ years.

Sheetal’s programs offer personalized attention to allow each person to learn according to his/her needs. Her mission is to help individuals reclaim their power when it comes to health and wellness. Sheetal herself strives to “live her yoga” and hopes to inspire and support others to do the same.