



laurel blossom yoga



laurel blossom yoga

invites you to explore and expand your practice
in an intimate
workshop-like environment

Yogis Please Bring

- Yoga Props - a mat and anything else you need to comfortably practice
- A journal or paper and pen (optional)
- Your favorite tea cup (perhaps a cloth napkin)
- Dress comfortably as you would for any yoga class

Event Agenda

Welcome Circle
Centering-Meditation-Journaling Opportunity
Yoga Practice - specifically designed to be
accessible to all levels and abilities
Tea & Chocolate Social

617-308-1921

lbkilbourn@gmail.com

info@laurelblossomyoga.com

laurelblossomyoga.com

Connect NOW to schedule your private

YOGA... TEA & CHOCOLATE! EVENT

Location Options:

- **Various Yoga Studios** [facilities rental rates apply]
- **Welcoming Venues** [facilities rental rates apply]
- **Private Home/Office** [min/max participants affects per person registration]

*\$

pre-paid registration required via

PayPal (Send Money to Friends or Family - lbkilbourn@gmail.com)

or **Venmo** (lbkilbourn@gmail.com)

[*please note: registration set per event through **laurel blossom yoga**]