



Things We Love

Wine

Chocolate

Cheese

Saturday, February 13

2:30–5 pm

with

Jennifer Ewert

\$50

Valentine's Day is a time to remember love—love for ourselves and for others. Why not enjoy all the things we love in one afternoon?

Bring a friend or partner or come by yourself for restorative poses, yoga flow, relaxation and meditation, followed by wine, chocolate and food. You'll love feeling restored and refreshed!

Half the proceeds of this event will be donated to Women to Women, an international organization that helps women in war torn countries.