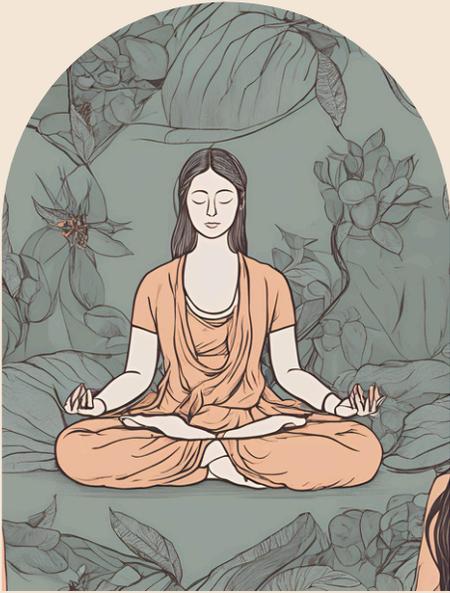


Small Group Restorative Yoga + Reiki Healing



Thursday



Time: 6:30 PM - 8:00 PM

Location: Moksha Yoga
Studio
2528 W Armitage Ave,
Chicago, IL 60647

Investment: \$40 per session

Limited Spaces Available



Sunday



Join us for a deeply relaxing and rejuvenating evening of self-care. This intimate session, limited to 4-5 participants, will guide you through a series of gentle, supported restorative yoga poses designed to deeply relax the body and mind. While you hold each pose, you will receive individualized Reiki treatments, allowing for a profound and transformative experience.

www.embodiedresonancehealingarts.com