

Follow your path to become **more_u** in your journey
Suivez votre chemin pour deviner plus vous dans votre voyage
"You be You" | "Tu soie toi"



Start Date: Dec 06, 2021

Time: 6:00 pm – 7:00 pm EST

Mindful Yoga Live Online with **Shilpi**
FREE Drop-In Class

- Get inspired & spark interest to give time to mindful movement, breathwork & self awareness
- Refocus & feel the connection between mind, body & heart
- Relax in a supportive environment & learn practical tools for creating balance & wellbeing

**Manage your stress through mindful
recovery & resilience**

Join me every

Monday @ 6:00 pm EST !

Appropriate for all levels

"Its time to try new things & discover yourself"

For more information, the link &
registration form, email me at:
2021more.u@gmail.com

Mindful Yoga starts

here...