

Yoga & Writing Spring Juncture Retreat

Renew · Honor · Activate

Saturday, March 31, 2018 — 1-4 p.m.

\$75 — sign up at thornwoodyoga.com

Thornwood Yoga — 1427 Silver Street, Ashland, NE 68003

Tap into your creative power with yoga poses and writing prompts aimed to inspire. Welcome the potential of spring by celebrating this juncture.

Beginners (in yoga and in writing) are welcome!

Bring: A notebook and pen. Comfortable clothes.

Optional: Favorite yoga mat (mats and supports provided). Slippers.

Hosted by Dené Oglesby (200-hr Registered Yoga Teacher) and Mandy Mowers (writing coach). Feel free to contact us: thornwoodyogastudio@gmail.com or mandy@mandymowers.com.



Thornwood
Yoga Studio