

Open Your Heart & Cultivate Self Love
Yin Yoga, Vibrational Sound & Guided Meditation
In-Studio Event: Tuesday, February 11th 5:30-7 PM
with Katie Ruiz, Certified Sound Therapist & Yoga Teacher



From Romance to Self-Love...

Valentine's Day is quickly approaching.

Have you considered turning your focus away from romance to grow more self-love?

Open your heart space and cultivate self-love through Yoga, Vibrational Sound Therapy and Guided Meditation.

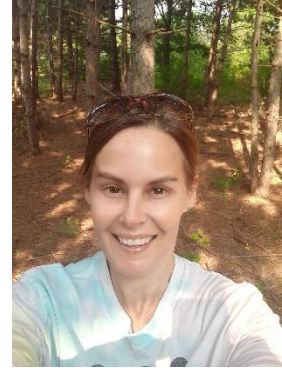
Join Katie Ruiz for a heart-centered practice that offers you time to:

- **Awaken** with tapping
- **Expand** with breath
- **Align** with meditation
- **Nourish** with yin yoga poses
- **Raise** vibration with sound bath

Who should attend? Everyone Welcome to Attend! Please note, you will be getting up and off the floor during the yoga practice portion.

What to bring? Wear comfortable clothes. Bring your yoga mat, blanket & water bottle.

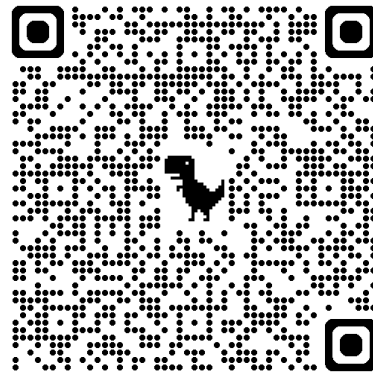
The studio has yoga mats, bolsters & blankets if needed.



**Katie Ruiz, Certified Sound Therapist
& Certified Yoga Teacher**

More Details + Register Here:
www.5koshasyoga.com/events

Easy Way to Register: Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link. You'll be directed to the registration links!



FEE: \$30 Are you a Frontline Worker in Wisconsin? Email Mary@5koshasyoga.com to receive a full scholarship to attend this event!

In-studio classes have LIMITED spacing available 15 spots total. Register early to save your space!

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com