



PUREHOTYOGA

YOGA | BARRE | HIIT | SCULPT



kundalini

TO SHIFT YOUR ENERGY

**Join Sarah Harvie for an
uplifting workshop.**

Simple and effective Kundalini Yoga techniques to shift your energy state.

We will explore practices to move anger, depression, addiction and get energized. A light workshop to have fun with what can be heavy emotions!

SUNDAY, MARCH 29TH

1:30PM - 3:30PM

Investment: \$40

Sign up online or in studio.

All levels welcome.