



FREEDOM // JOY // MASTERY

with *Dearfhla Kelly*

A unique weekend workshop combining neuroscience, philosophy, pranayama, meditation, and asana as pathways to flourishing.

Register @ yogaonestudio.com/workshops for one session or all four sessions. Live Music by Dave Stringer on Sunday's 10/25 Backbend Class. Early bird pricing ends October 2nd.

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OCTOBER 23-25
CEDARBURG