

# The Body Wild

breathwork + yoga nidra  
experience

Take a journey into your subconscious mind  
through the breath, then nap your way to

*enlightenment*

Admission \$ 28 - Cancel/RSVP Date by October 8th, 2019

Saturday October 12th

from 2:00 - 4:00pm

**NEW DATE**



237 franklin avenue, nutley  
[www.goodvibesyogabar.com](http://www.goodvibesyogabar.com)

Limited to 10 spaces. Click to purchase admission.