



SAFFRON SUN HEALING ARTS & STILLPOINT ACUPUNCTURE

Yoga+Acupuncture

Kidney Yin Flow

Saturday Feb. 9th

2:00 - 4:30pm

Early Bird \$55 / \$65 after Feb.2nd

Dancing Spirit Ranch

The traditional and holistic practices of Acupuncture, Yoga and Meditation weave together to create a harmonizing experience of optimal wellness. A fluid 75 minute yoga practice will ground and restore our bodies as we settle in for a nourishing kidney acupuncture treatment, all balanced with meditation, mudra and breathwork. Light snacks and tea provided.

Join Nancy Ellis and Erin Boedeker for a therapeutic afternoon of healing.



Register with Erin, Nancy or online at www.dancingspiritranch.com