

Yoga Tea Party

Relax and unwind
with this stress-relieving yoga lesson
(all abilities welcome)
taught by Christine Leffler,
a highly-regarded and credentialed
Bay Area instructor.
Your lesson will be followed by a sybaritic
traditional Indian Tea—
featuring savory Indian-style appetizers
and a selection of soothing beverages.

To add to the fun,
a professional henna artist
will be on hand to introduce you to the
newly-trendy ancient art of Mhendi,
or henna tattoos.

And one lucky attendee will
win a gift certificate
for an indulgent 1-hour massage.

So come relax, kick off your shoes,
and indulge.

