



BEFRIENDING THE DARK

December 21, 2018, Friday

Yoga and Ayurveda Center
2 S Park Avenue, 3rd floor
Lombard, IL 60148

7:00pm - 9:30pm

\$35 Investment

In sacred space, bring up your emotions and free yourself in the dark. As a great teacher, the dark will guide us through yoga, transformative exercises and ceremony to let your light shine even brighter than before. Join yoga and

ayurveda teacher, Julie Stewart and shamanic practitioner/guide Alice Paipa-Lenard for a transformative evening.

RSVP to Julie by 630-330-9461 or info@yogaayurvedacenter.com

When it rains, look for rainbows.

When its dark, look for stars.