



World Healing Institute at Cobb Island Station

21025 Seaside Road
Cape Charles, VA
(Near Oyster)

757-331-1925
Call to Register

Suzanne Grace

Founder of GraceYoga/California
offers two unique movement workshops.

Friday June 26th

Mindful Movement with Grace **Designed for People Dealing with Illness**

Participants will be led in a Chi Yoga
flow sequence of gentle yoga stretches,
breathing techniques for relaxation
and mindful movement meditations.
This work has a positive effect on stress
and anxiety, as well as an influence on
the immune and endocrine system.

9:00 am - 11:00 am \$25

Spirit Dance and the Four Elements **A Magical Journey of Earth, Fire, Wind, and Water**

Experience your divine connection with the elements
through reflective ritual & creative, expressive dance.

1:30 pm - 4:30 pm \$35

Bring a blanket and yoga mat (optional).
Wear comfortable clothes.

For more info on Suzanne Grace
and Grace Yoga visit www.graceyoga.com

Attend Both Sessions for \$55

Box lunches can be ordered for \$8