

SATURDAY, MARCH 3 | 11:00 A.M. - 12:15 P.M.

YOGA FOR THE TOTAL BEGINNER

LITTLE CREEK YOGA @ CAMÉLIA HOUSE | 708 JEFFERSON BLVD



WE'LL COVER...

- A brief introduction of what yoga is and why people practice it
- 50 minutes of gentle, beginner-friendly practice that includes aromatherapy using doTERRA's Yoga Collection of essential oils
- A meet-and-greet following class led by Erin Segura, RYT-200 and Noel LaBowe, doTERRA consultant.

LITTLE CREEK YOGA

is Lafayette's first donation based yoga community, meaning that rather than set a fee for the classes, you contribute what you can, or feel you should. We suggest \$10-20 as an acceptable donation, with a minimum of \$5. For information on classes and more, visit LittleCreekYoga.com

337-534-8395 | Follow us on Facebook @lilcreekyoga or Instagram @camelia_house