

# Healing, Yoga & Medicinal Oils

Saturday, April 30<sup>th</sup>, 1-3:30  
\$25 in advance / \$30 at the door

In order to heal others we must first heal ourselves. When we go through our daily lives in a centered, balanced and peaceful manner we set an example for everyone around us. It is simple but it is a practice that we need to keep reminding ourselves about. In this workshop our focus will be on healing. We will experience healing through movement, mantras and medicinal oils. We will learn about the properties of 3 oils, apply them and experience how they facilitate taking us deeper into our practice.



Hannah Zahava Kapp is a certified yoga instructor and medicinal essence therapist. She has a background in dance, exercise physiology and pilates. She brings mind, body and soul into her practice along with being aware of body alignment and staying at the heart center with all that she does.

After suffering in a motorcycle accident, yoga has been her “saving grace.” She is now focused on the healing power that we can bring to ourselves through breath and healing movement

**Call 310.559.7200 to Reserve your Space!!**

