



Headaches?

Join us on **Monday, July 20th** from **7:30 to 9 pm**
Presented by Simple Abundance Yoga

Yoga has been shown to prevent and relieve headaches and migraines. Let us show you some simple yoga poses and breathing exercises to help prevent headaches, as well as give you ways to help treat yourself or someone you love who is dealing with a headache or migraine.

The cost of the workshop is \$12

Must pre-register no later than July 10th and submit a \$5 deposit to hold your spot for this very popular workshop.

<http://www.simpleabundanceyoga.com>