

SELF-CARE WEEK

WHEN

Mar 15-21

WHERE

Akasha Yoga Center

121 N. Main St Crystal Lake

FEATURING • We will be highlighting information and selling products about self-care all week long during the seasonal change.



AKASHAYOGACENTER.COM

MARMA TOUCH

RECEIVE A MARMA TOUCH WITH MONIQUE IN OUR SUNDAY CLASSES DURING RELAXATION TIME

VERNAL EQUINOX

**Thurs Mar 19 6-8 PM
Join Becky & Ilyse for a slow flow and restorative yoga class ending with meditation
Cost: \$20
\$10 for Premier members**

GUT HEALTH W/SWATI

**Sat Mar 21 2-4 PM
Join Swati to learn more about ayurveda and how to improve your digestive fire
Cost: \$55
\$45 Premier members**

VENDORS

**doTERRA
TLC Massage
Essential Ayurveda
Hemaveda
Upsie Doozie
Ayurvedic Insitute**