

Exploring the Mysteries of Your Heart

Through journaling, meditation, energy, music, poetry and yoga

Facilitated by Melanie Williams, R.M.



Sunday, February 14th • 5:00–7:00 PM

Cost: \$35

Location: Sun Moon Yoga Studios

Please bring your yoga mat

Questions? Melanie: 345-3619

“The heart needs no reason.”

On this Valentines Day come and spend time within the greatest love story of all. The love your heart wishes you to awaken to is the love of self. From the magic of this first love comes deeper and real love with others. Come to open your heart, to feel its purity, its desires, its guidance. You will not be disappointed.

Your heart is calling you.

Exploring the Mysteries of Your Heart Registration Form

Name _____

Phone _____

Address _____

Check # _____

Mail to:
Sun Moon Yoga Studios
635 S. Front St., Mankato, MN 56001
Phone: 507.387.6600