

**TO THE T SOLUTIONS PRESENTS:**

Breathing, Stretching, and Releasing  
Through the Chakras

Instructors: Elianae Stone and Tracy Kyler

Soulworks Center  
7586 South 84th  
LaVista, NE

March 10, 2020  
7 PM  
\$10



**REGISTRATION REQUIRED**  
**WEAR COMFY CLOTHES, BRING YOGA MAT, CHAIRS AVAILABLE**  
**TOTHETSOLUTIONS.COM**