



LIVE MUSICAL YOGA JOURNEY & FUNDRAISER

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At Bodywork and Bach  
110 7<sup>th</sup> Avenue E, Havana

**FRIDAY, MAY 3RD**  
**7 TO 8 PM**

LEAH WROBEL & LYDIA RIEDELL

will guide you using gentle yoga flow and intuitive musical accompaniment towards a deep relaxed state. Stretch your body and relax your mind all while giving back to the Community.

\$25 suggested donation will be given to the Refuge House.  
Limited space, reserve now by calling (850) 616-1305 OR  
go to [BodyworkandBach.com](http://BodyworkandBach.com) and click on the fundraiser tab