

The Workshop will be held at:

The Center of Attention - 161 Date Avenue, Coos Bay, OR



Heather Thoma

330-819-8931

# BEGINNERS PATH TO YOGA & WELLNESS

**September 9th, 2024 - October 28th, 2024**

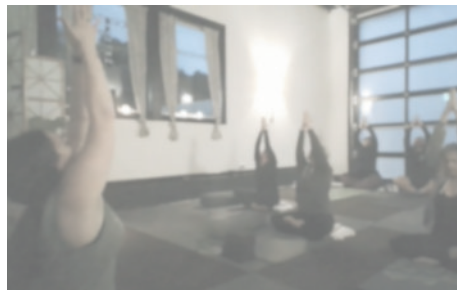
(Workshop Group Classes will be held every Monday at 5:30p)

*A holistic offering focused on healthy movement, mindfulness,  
and learning about yoga teachings to improve our overall well being.*

Workshop  
facilitated by:

**ELEMENTAL HEALTH**  
Coaching & Consulting LLC

FREE WORKSHOP  
Limited Space Available  
Accepting Applications  
NOW!



**This program is FREE to the community for 2024!**

\*This program has limited spots - Any level of yoga skill can apply!

Please only complete the application if you intend to commit for the full 8 weeks AND are interested in learning about yoga philosophy.

Please direct questions about the Workshop to our email:  
heather@elementalhealthconsulting.com

## WHAT IS INCLUDED

- 1 Customized wellness plan
- 10 Class yoga pass to The Center of Attention
- 1 Personal Health Coaching session with a registered nurse
- 8 Group classes consisting of yoga philosophy, movement, & meditation

SCAN ME TO  
BE TAKEN TO  
THE ONLINE  
APPLICATION!

