

On The Horizon



April 14 **12:00noon – 3:00pm**
Yoga Mama; prenatal yoga workshop

\$25 advance ~ \$30 at the door

Designed for the expectant mother, our practice explores the benefits of yoga during pregnancy. Poses, breathing, essential oils, nutrition, and more.



April 27 – 29 or April 20-29
3 or 10 Day Organic Juice Cleanse

\$Price varies with length of program options

An entire weekend of wellness! Learn about the body's systems of detoxifying, supported by fresh made juices.



May 12 **12:00noon – 1:00pm**
FREE Mothers' Day Restorative Yoga

Take some time to express gratitude to yourself. Our restorative yoga session, appropriate for experienced yoginis and first-timers, gives you all you need to relax, unwind, restore & refresh! Did we mention FREE?

All One Yoga & Wellness Center

www.alloneyogafwb.com

119 Truxton Ave, Fort Walton Beach

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