

HOW TO DO ALL THE THINGS

EVERYTHING YOU'RE SUPPOSED TO KNOW ABOUT THE STUFF NOBODY TAUGHT YOU IN SCHOOL.

YOGA AND AWARENESS SERIES

presented by Monique Grillet

A different focus each week; these classes are perfect for beginners and a great way to wind down the weekend and prepare for the week ahead.

EVERY SUNDAY IN JULY 11 AM-12:30 PM:

JULY 7: STRESS MANAGEMENT

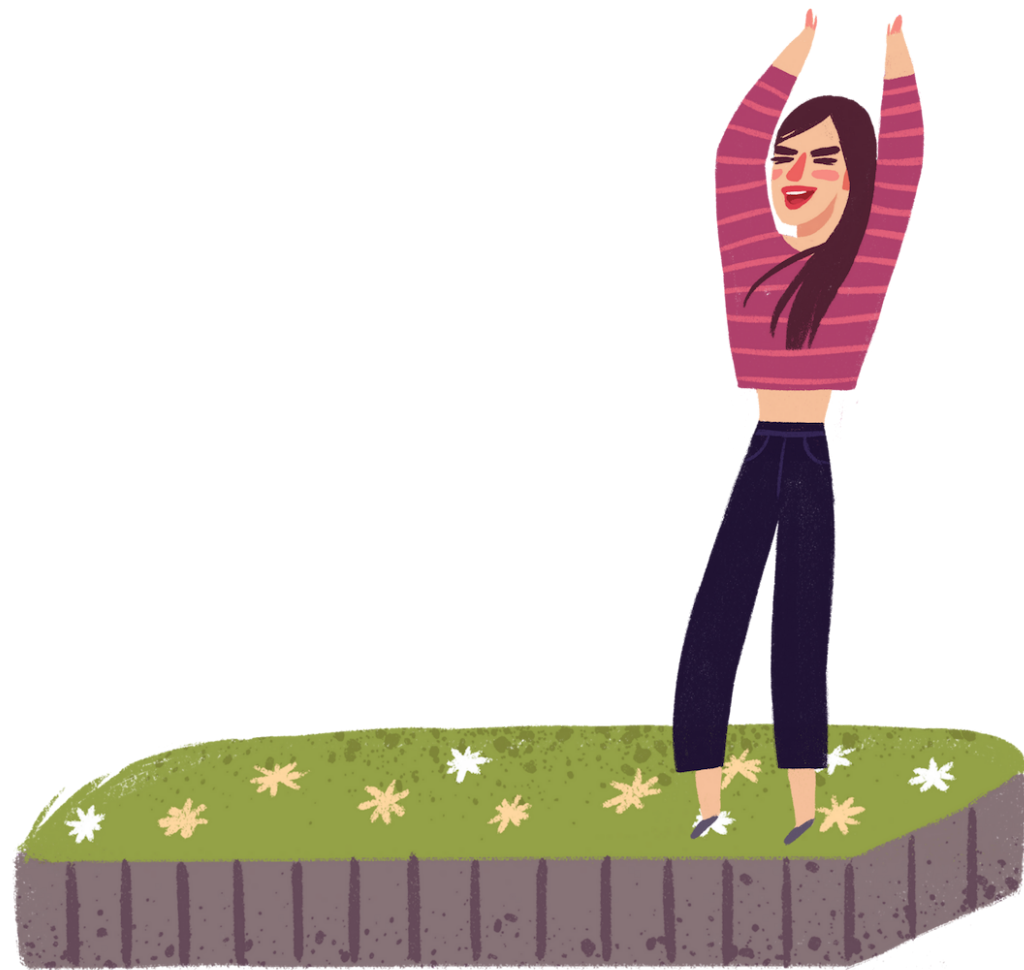
JULY 14: NUTRITION AND WELLNESS

JULY 21: BODY POSITIVITY

JULY 28: MANIFESTING YOUR FUTURE

This program is for high school and college students.

For questions or more info about these programs, email pinol@plsinfo.org or santos@plsinfo.org



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