



What Is Your Heart's Vibration?

This February, tune into your heart's vibration with a workshop to bring your energy centers into harmony. We all have vibration, frequency. You feel your heart beat, the rhythm of your breath. Each of our chakras (energy centers) has an optimal vibration. Sometimes these frequencies can get out of sync and cause dis-ease. Through the practice of **restorative yoga** and the application of **Tuning Fork Therapy®** and **Young Living Essential Oils**, you can bring your body and spirit back into harmony and resonate at your own perfect pitch.

Join Mary Scudella on Friday evening,
February 17th from 6:30 to 9:00 pm
for an evening filled with good vibrations!

Mary Scudella has been teaching yoga since 2005 and is currently completing a 500 hour teacher training program. She is also a Certified Tuning Fork Therapist© and a distributor of Young Living Essential Oils. Mary combines these healing therapies to provide a blissful yogic experience. To learn more about Mary please visit her website at www.maryscudella.com.



Please register in advance! This workshop will sell out.

Cost: \$45 if registered and paid by February 10th
\$50 thereafter and at the door
(cost includes all essential oils administered)

Call: 847-266-9642

or

Email: help@totalbodyyoga.com

total body yoga

total freedom— total balance — total joy

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