



RACHEL PETERS
aligning yoga & ayurvedic living

RACHELPETERS.YOGA

YOGA CLASS SMOOTHIES FREE WORKSHOP WITH RACHEL PETERS

SATURDAY, JULY 8
DOWNTOWN MUSCATINE
206 SYCAMORE STREET
ATTEND ONE OR ALL EVENTS

ALL LEVELS YOGA CLASS
\$15 AT 9AM
SMOOTHIE TASTING + RECIPES
FREE AT 10:30AM
ESSENTIALS OF EASEFUL LIVING
FREE AT 11AM

EVERYDAY LIVING
HEALTHY HABITS
SELF CARE
DEEPER SLEEP
BETTER DIGESTION
EASEFUL LIVING
MINIMIZE STRESS
OPTIMIZE TIME