



WORKSHOP

MEDITATION + MASSAGE

WITH ELA GARCIA

Invest the time and learn the tools to truly take care of you. In this 90-minute workshop, we'll combine meditation with self myofascial release. Licensed Massage Therapist Ela Garcia will lead you through a guided meditation while simultaneously incorporating self-massage techniques to enhance recovery, relieve stress, and reduce tension both mentally and physically. Discover the meaning of self-love and its many benefits.

Saturday, April 6th
1:30-3pm
Core Studio

FREE FOR MEMBERS + GUESTS

*RSVP at [Studiomix.com](https://www.studiomix.com)
via **FIND A CLASS***



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