

Mind Body Spirit Exercise



New fun and inspiring exercise called "inten-Sati" will support your Mind, Body & Spirit fitness. You will clarify and enliven your heartfelt intentions as you speak affirmations during exercise. Move your body with elements from dance, martial arts & yoga. You will leave feeling more joy and empowered in your body & life.



Wednesdays 10:30am-11:45am

August: Agoura Hills Dance

August 21 & 28 ~ Summer Special \$5/class!!

Please RSVP & feel free to invite a friend!

September: Oak Park Community Center

Sept 11-Oct 9 5 weeks \$40 MBE209-3

Register at www.rsrpd.org



All levels welcome!

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www.CelebratePrana.com



Wendy Kunkel is a licensed holistic health & life coach, teacher & bodyworker. Wendy loves supporting people experience optimal wellness in Body, Mind & Spirit.



Be~YOU~tiful

Love your body & life now!

INTENSATI 

