

CAVE YOGA & meditation

July 30, 2016

TIME: 9:00 till 11:00 AM

COST: Donation Only

featuring:

Mary Beth Laxson

nutrition-the mind / body connection

Tracy Martin

benefits of detox

Michelle Grandey

beginner yoga session

Tre James

guided visualization & sound meditation

Grab your yoga mat and join us
for a beginner restorative
YOGA & Meditation Event
333' below in the world famous
Volcano Room at

Cumberland Caverns

For more information and to reserve your spot,
contact Kelly Roberts at:

kelly@cumberlandcaverns.com

All money donated will go to
Share it Forward & Juice it Forward
Non-Profit Charities

