

WARRIORS for ROSES



Blue Sky Yoga

3525 Watson Road
St. Louis, MO 63139



Saturday
March 10th, 2018

3:00 pm - 5:00 pm

Enjoy an hour-long Mindful Movement/Deep Stretch Yoga class

Led by Colleen Caul from



INSPIRE Movement^{LLC}

Create space & freedom in your mind, body and spirit
by allowing breath to inspire movement.

This gentle, mindful practice will stretch your body and soul.

Followed by a reception of food and drink

ALL LEVELS WELCOME
Donation-based class

All proceeds benefit the Cystic Fibrosis Foundation

This event sponsored by *The Rose Foundation*