

BREATH WORK & SOUND HEALING CLASS

with Elissa Jones



Join us to learn how the power of breath can
relieve stress and calm the mind.

Kalm. Mindful Massage & Life Spa
1206 E. Warner Rd. #214 Gilbert, Az. 85296




INTRINSIC
WELLNESS CO.

Classes are every two weeks,
starting Saturday 8/23

3-4pm

\$25

(Venmo or Zelle)

**Call/Text 480.600.6742
to RSVP your spot!**

Learn more about Elissa at intrinsicwellnessco.com