

BREATHWORK WORKSHOP • TALLER

SATURDAY, AUGUST 29

SÁBADO, 29 AGOSTO

9:00 – 10:00 AM

Join Vitalistic Wellness
for a transformative
breathing workshop.
Designed to help you
reduce stress, heal from
within, and unlock
deeper energy and focus.

Space is limited.

More details



[www.fws.gov/event/
breathwork-workshop](http://www.fws.gov/event/breathwork-workshop)

Mas detalles

¡Acompañen a Vitalistic
Wellness para un taller de
respiración transformador!
Diseñado para ayudarte a
reducir el estrés, mejorar
paz interna, energía y
concentración.

Espacio limitado.

DEER FLAT NATIONAL WILDLIFE REFUGE

13751 Upper Embankment Road, Nampa, ID 83686



VITALISTIC
WELLNESS INSTITUTE



NATIONAL
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REFUGE SYSTEM