

# ORCHID CLUB WELLNESS WORKSHOP

**ZOE  
STRAUSS**

**RACHEL  
DUNKEL**

**ELLY  
BRUURSEMA**

**TEXEL  
FEDER**



**TEXEL  
FEDER  
YOGA**

**SUNDAY MARCH 11<sup>TH</sup> 3:00-4:30 PM**

*Join the Orchid Club for a workshop focusing on back health,  
safe transferring and carrying of children with special needs,  
and stress management!*

**OPEN TO  
THE PUBLIC  
BOZEMAN  
PUBLIC  
LIBRARY**

*Bring a yoga mat & wear comfy clothes so  
you can participate in a few back-friendly  
movements. Children are welcome, but  
we ask that they are healthy and not too  
distracting.*

*Please consider making a donation to  
the Orchid Club to support our future  
events- just click the Donate button on  
our Facebook page!*

