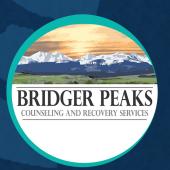
## ORCHID CLUB WELLISS WELLISS WORKSHOP

ZOE STRAUSS RACHEL DUNKEL ELLY BRUURSEMA

TEXEL FEDER







TEXEL FEDER YOGA

rchid

club

## **SUNDAY MARCH 11TH 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!