



Mamaste,

AYURVEDIC NUTRITION FOR PREGNANCY AND BEYOND

THIS WORKSHOP IS IDEAL FOR
EXPECTANT BIRTHING FOLKS

Every 1st and 3rd Thursday
Light snacks will be provided

FOR GENERAL REGISTRATION

☎ 661-418-7716

🌐 @lunaandsolhealingco

✦
LUNA &
SOL
✦
COMMUNITY HEALING COLLECTIVE

