



*Located in Litchfield Village*  
13089 Ocean Highway, Unit D1  
Fawleys Island, South Carolina  
(843) 314-3206

## Thanksgiving Intensive

with Lauren Davis

Saturday November 30th, 2019 1-4 pm

Recover from your Thanksgiving feast with twists and long deep stretches to aid in digestion and release your body from your crown to your toes.

Sunday December 1, 2019 1-4 pm

Usher in the holidays with open arms and an expanded heart. We will explore passive back-bending and dive into forward folds to help develop the quieter more peaceful side of ourselves. All in time to help you get through the season!

\$25 per day or \$45 for both - Annual Members

\$30 per day or \$55 for both - Non Members

This entire weekend is about gratitude and wellbeing. So eat, celebrate and enjoy ~ then come and reap the benefits of a deepening asana practice. Both days will include Pranayama, Meditation and lots of relaxation. Bring your family or take a break for yourself.



[www.islandwaveyoga.com](http://www.islandwaveyoga.com)