

# PENETRATION

Calling all to come & share a *very special evening* with Lisa Paskel. Removing obstacles as we *Penetrate* layers that keep us from experiencing our own *Truth*. Opening up to our potential, freeing our *mind, body and spirit* using tools that will create this amazing opportunity. *Be prepared to BE!*

**SATURDAY**  
*March 10*  
7:00 - 10:00pm  
*\$30 per person*

no refunds

*Attire: yoga clothes, mat, water,  
note book - open mind*

[www.yogashelter.com](http://www.yogashelter.com)  
818.691.3000

**yoga**  
SHELTER



It's Time To Get

**FIERCE**