

LIFEPOWER YOGA presents

# SACRED SOUNDS CHAKRA BALANCING YOGA & CRYSTAL BOWL HEALING MEDITATION

SATURDAY,  
NOVEMBER 15<sup>TH</sup>  
11:30 – 1:00

Lifetime Fitness  
Flower Mound  
3100 Churchill Dr.

Event Price: \$25  
Register early at  
Member Activities  
Space is limited!  
Non-members also welcome

Contact Jean Wilbert at  
[Jwilbert@lifetimefitness.com](mailto:Jwilbert@lifetimefitness.com)  
For more information.

