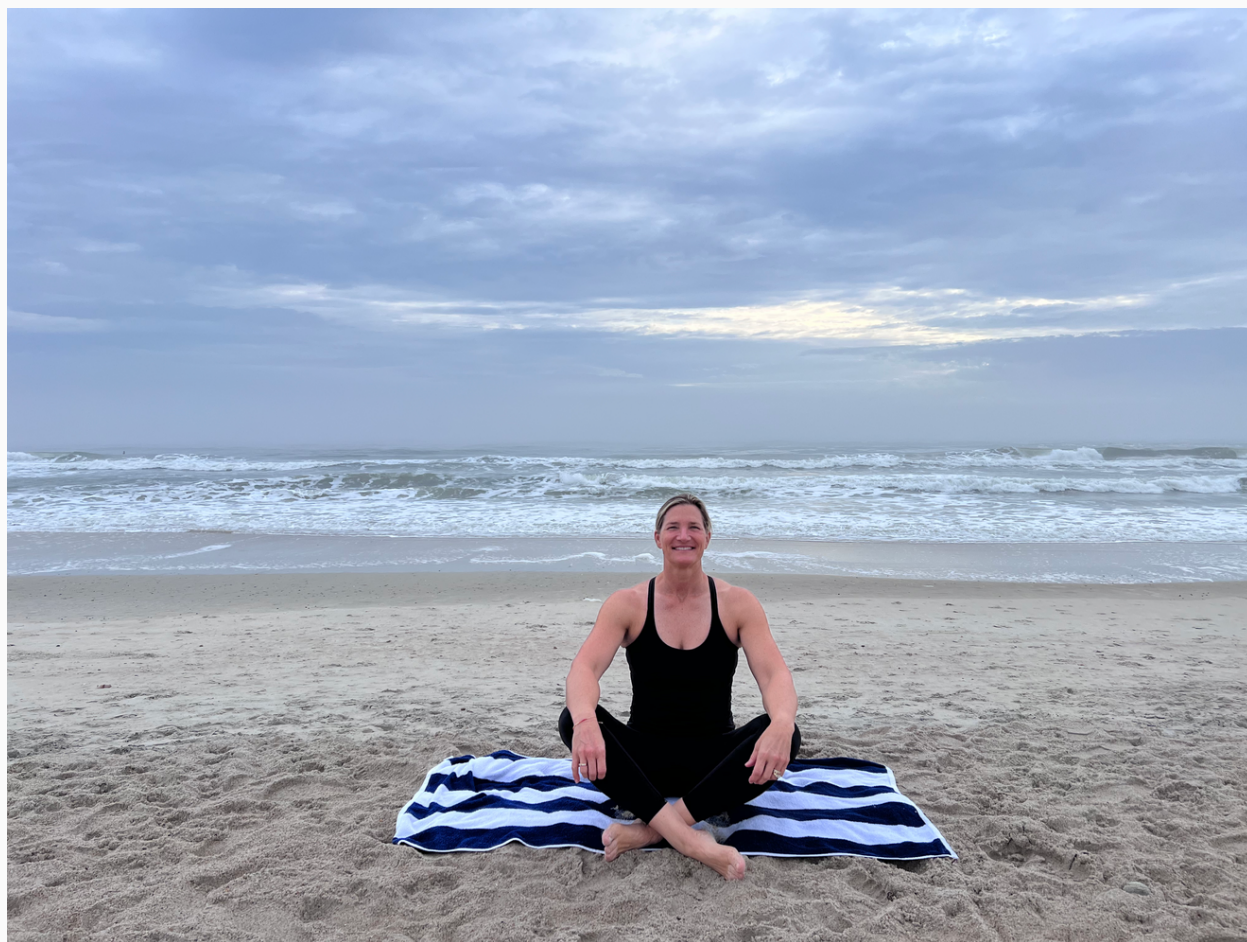


CREATE HEALTHY CHANGE THROUGH INTENTIONAL MOVEMENT



Happy New Year! As we step into 2024, it's the perfect time to embrace new beginnings and embark on a journey towards holistic wellness. At KM Yoga Movement, we are excited to be your companion on this path of self-discovery, growth, and transformation. Elevate your well-being through our tailored classes, designed for all levels. From invigorating workshops to exclusive events fostering community, we're committed to guiding you on and off the mat. Here's to a year of growth, wellness, and new beginnings.

Explore what is happening on my [website](#):

NEW CLASS Restorative class offered once a month and this month it is **Wednesday, January 17th 4-5:00pm**. Space is limited to 8 participants. Register on my website to reserve your spot. Allow for some self care to restore, rejuvenate and replenish your soul.

YOGA SIX ST. PETE workshop **Sunday, January 14th 1:30pm**. It is a 90 minute workshop, subtle body balancing. Register **here** for this workshop.

Towards the end of the month I will be offering a Yoga Nidra Meditation at Lululemon and traveling to IL to offer 90 minute classes that focus on breath work, functional movement, restorative poses and meditation to have you feeling completely nourished and refreshed! Stay tuned for these fabulous sessions that will be offered in February.

Please rate me on [Google](#). This brings awareness to others so they know how well I am doing.

Thank you for investing in yourself!

Love and respect always,

Kristina

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813-358-7922

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