

Body



Health Enhancement & Stress Reduction Classes

Good for the Body and Soul



RAFIKI
WELLNESS

& Soul

You Deserve It!

It's your turn to take exciting Health Enhancement & Stress Reduction classes designed with you in mind on Thursday evenings.

All classes are FREE!

No experience necessary. Most supplies provided.

October 6, 13, 20, 27 (Thurs. Evenings, 6:30 – 7:30 p.m.)

Feel the beat in your body, mind and spirit as you work out to ancestral rhythms in this **African Movement** class where beginners are welcome.

November 3, 10, 17, Tues. 29 (Thurs. Evenings, 6:30 – 7:30 p.m.)

It's all about the vibe! Create more love, peace and freedom in this unique **Vibrational Healing** circle that will clear negative emotions making way for a path to healing.

December 1, 8, 15, 22 (Thurs. Evenings, 6:30 – 7:30 p.m.)

Rejuvenate, renew, and reboot with gentle **Restorative Yoga** that helps you strengthen and balance your mind, body and spirit.

All classes take place at:

2800 Third Street @24th Street, San Francisco, CA 94107

For more info: **415.615.9945** | mmathews@bcoa.org

Sponsored By:



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