

ROGUE RETREATS

Free Online Yoga Retreat

Saturday March 28th 9am-12pm

A Home Retreat with Crystal Vida

Meditation- Vinyasa Flow- Immune Boosters- Mindfulness Workshop



Virtual retreat experience to include:

- guided meditation
- energizing vinyasa flow
- immunity boosting breath work
- spiritual discourse on scarcity vs abundance

Register at Crystalvida.co