

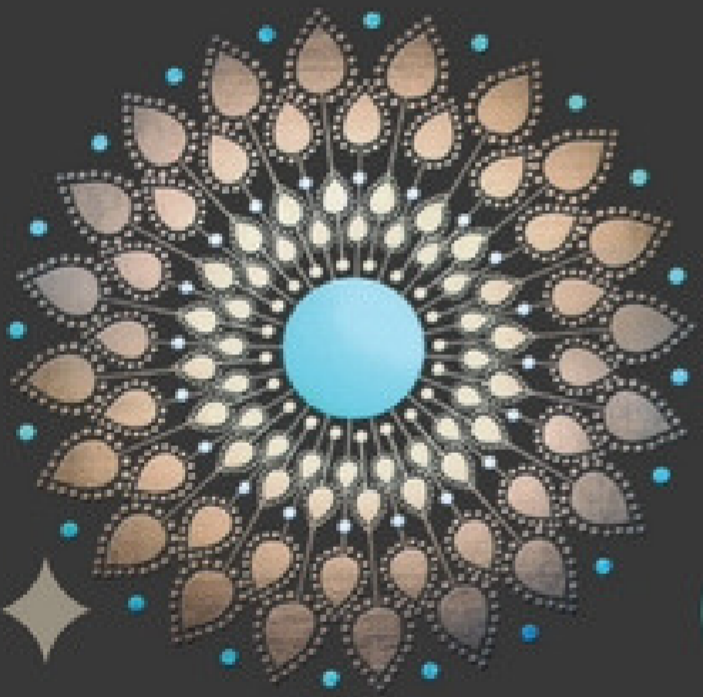
# Sunday, March 11th

## 9:30am - 4pm

Join Kristie at the beautiful Pleiades Spa in Radium, BC for a day of health and wellness – specifically for women!

# Women's Health Day

AT



PLEIADES  
Spa & wellness

Spend the morning in a Pelvic Health Workshop learning, breathing, exercising (gently) and creating a safe, supportive space to ask questions and discuss all things pelvic health related.

In the afternoon, enjoy some free time to soak in the healing waters of the Radium Hot Springs and use the wonderful Spa facilities.

End the day with a gentle yoga class that nurtures our precious feminine energy.

**\$125**

email [goldenyogastudio@gmail.com](mailto:goldenyogastudio@gmail.com) to register