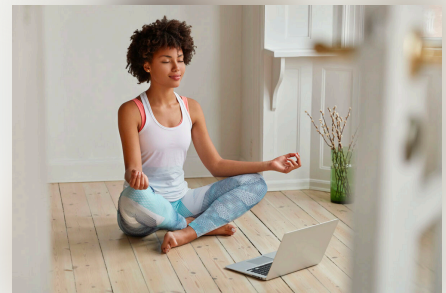




## Private Meditation Workshop - Improve Your Sleep with Movement + Mindfulness + 3 Month Membership

#130



LOVE +  
ASANA  
VIRTUAL WELLNESS STUDIO

Starting Bid **\$60.00**

Retail Value \$280.00

1 Available

Donated by **Love + Asana**

*In this private virtual workshop, we'll discuss your personal sleep goals and ways to uplevel your sleep routine with simple yoga techniques. Leave with tools to try that same evening, plus 3-months of access to Love + Asana ON-Demand classes to help you unwind each night! Includes a 45-minute live, guided workshop on Zoom for one person (household members welcome to attend). Led by Tiffany Lord, Founder of Love + Asana, E-RYT and stress management specialist.*