



SKÅL BOSTON
BREATH, BALANCE + RESTORE
WELLNESS - EXPERIENCE MANIFESTO
A P R I L 1 5 , 2 0 2 1

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virtual experience

BREATH, BALANCE + RESTORE

In this restorative session, your wellness instructor will introduce you to meditation, breath work and movement techniques to calm, restore and rejuvenate the mind and physical body.

Here's to a wonderful new day!



MEET



ANGELA VIEIRA

FOUNDER, THE BARRE & YOGA EXPERIENCE

Angela Vieira, founder of The Barre + Yoga Experience, is a Yoga Alliance 200 hour Registered Yoga Teacher and Certified Barre Instructor. After teaching Barre for 4 years, she decided she wanted to create a community where she could share her passion of health and wellness with others.

In 2018, she founded The Barre + Yoga Experience, a community where she encourages her students to build physical and mental strength through various forms of movement.

Angela lives in Warren, RI with her husband and two year old son. When she's not teaching Yoga, you can find her visiting Cape Cod - her home away from home!

GENERAL TIPS

ENJOY YOUR EXPERIENCE

- Kindly set your computer to speaker mode in Zoom.
- Ask plenty of questions! Interactions are highly encouraged with your Angela during your live experience.
- Please have a pillow available for the session.
- Recommended to have one of the following essential oils during the session:
 - Lavender - calming
 - Rosemary - boost mental awareness
 - Peppermint - relive fatigue
- Enjoy your experience, take pictures and tag [@yayconciere](#) on your social channels



Curiosity Awaits

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