

LOTUS LAB LOTUS LAB  
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A MOVEABLE EXPERIENCE  
IN ENERGY EXPERIMENTATION

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ELENA SORBO LET YOUR AWESOME  
B L O S S O M

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TIRED?  
ERRATIC?  
OVERACTIVE?  
DRAINED?  
SLUGGISH?  
OVERSTIMULATED?  
FRAZZLED?

FIRST CLASS  
IS ALWAYS  
FREE

\$20 DROP IN  
DISCOUNT WHEN  
BUYING A SERIES  
OF CLASSES (5  
FOR \$75 AND  
\$10 FOR \$120)  
INQUIRE ABOUT  
PRIVATE  
SESSION OR  
CORPORATE  
EVENTS

CONTACT  
ELENA

253.606.0420  
ELENASORBO  
@GMAIL.COM

FB@thelotuslab  
IG@the.lotus.lab

# YOU NEED YIN YOGA.

consists of a series of longer held (2-3 min), passive floor poses that mainly work the lower part of the body—the hips, pelvis, inner thighs, lower spine. these areas are especially rich in connective tissues.

W E D N E S D A Y  
6:30PM @ IMPACT PHYSICAL THERAPY  
20801 N SCOTTSDALE ROAD STE 105  
SCOTTSDALE, AZ 85255

S A T U R D A Y  
10:30AM @ LORNA JANE BILTMORE  
2502 E CAMELBACK ROAD  
PHOENIX, AZ 85016

S U N D A Y  
3:00PM @ IMPACT PHYSICAL THERAPY  
20801 N SCOTTSDALE ROAD STE 105  
SCOTTSDALE, AZ 85255

M O N & F R I  
6:15AM PST LIVE ZOOM CALL—45  
MIN GUIDED MOVING MEDITATION.  
\$10 PER PERSON. LINK WILL BE PROVIDED  
UPON PAYMENT VIA  
VENMO OR FB MESSENGER.