



# PERSON POWER YOGA WORKSHOP

## Tools to Renew Our Spirits & Transform Our Conflicts

*hosted by Stephanie Steiner  
and Sydney Hughes-McGee*

**Join our workshop on meditation,  
yoga, nonviolence and activism.**

**Where:** 18 Springs Center  
2424 Reynolda Rd, Winston-Salem, NC

**When:** March 18, 10am – 5pm

**Registration:** *please see the  
Workshops section on the 18 Springs  
website: [yogaat18springs.com](http://yogaat18springs.com).*