

**SHED +  
SHINE INTO  
SPRING  
TIME  
AN URBAN  
RETREAT**

**FRIDAY, MARCH 22ND  
7-9PM + SATURDAY,  
MARCH 23RD  
11:30AM-3:30PM  
@YOGALOVE  
3851 MARKET STREET  
NORTH OAKLAND**

**YOGA, DHARMA TALK,  
MEDITATION, VEGAN  
FOOD + ACUPUNCTURE**

**WITH TREINA  
ALEXANDER,  
MELVIN ESCOBAR  
+ ERIN WOOD**