



## Yoga beach party

*Cheyenne Mease of Health Heart Soul in Springtown, leads students Faith Houseworth, Heather Eller, Dana McNichols and Sherry Steigerwalt in a Wellness Yoga Class at her home in March. In celebration of the end of winter, she hosted a beach party, bringing her students a bit of the islands. Mease, along with the help of her husband Jeff, dumped a ton of sand in her studio to replicate her summer fitness programs from the Caribbean. For more information, go to [www.healthheartsoul.com](http://www.healthheartsoul.com).*