

An Evening of Restorative Yoga: “Release & Renewal”

Tuesday April 21st at 6:00 pm

Spring is a time for renewal. With April showers, the last vestiges of winter fade away and make way for new life to spring forth. Join us for a rejuvenating, restorative experience as we shift our focus to longer, warmer days and the promise of summer. You will leave feeling grounded, lighter and quietly renewed.

We look forward to seeing you!



Monthly Schedule: 3rd Tuesday of the month from 6:00pm to 7:15pm

Dates: Apr 21, May 19

Fees Payable in Cash Only: \$35 per class | \$60 for 2 classes | \$125 for 5 classes.

Yoga experience not required.

Maximum 7 participants. Pre-registration is required.