

# An Evening of Restorative Yoga: “Awakening Energy”

**Tuesday March 17th at 6:00 pm**

March carries the faint promise of change – a quiet thaw beneath the surface. Join us for a deeply restorative evening of supported rest and spacious breath, inviting gentle thawing and the quiet return of warmth as we move toward spring.

We look forward to seeing you!



**Monthly Schedule: 3<sup>rd</sup> Tuesday of the month from 6:00pm to 7:15pm**

Dates: Mar 17, 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.