

An Evening of Restorative Yoga:

“Holding the heart with care”

Tuesday February 17th at 6:00 pm

February's Heart Month offers a reminder to care, not only for the physical heart, but for the emotional one as well.

In this restorative practice, we'll use supported postures and mindful breath to cultivate self compassion, ease inner pressure, and rest in a gentler relationship with our ourselves.

We look forward to seeing you!



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

Dates: Feb 17, 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.