

# “Blooming into Light”

## Last Monthly Restorative Yoga

**Tuesday May 19<sup>th</sup> at 6:00 pm**

As spring deepens into its fuller expression, join Trish for a deeply restorative practice designed to help you open, soften and restore. Through fully supported poses and quiet stillness, we'll create space to relieve tension and reconnect with a sense of ease. Leave feeling grounded, nourished and gently reawakened – like the body and spirit blooming into the light.

We look forward to seeing you!



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

**LAST CLASS May 19**

Fees Payable in Cash Only: \$35 per class.

Yoga experience not required.

Maximum 7 participants. Pre-registration is required.