

# An Evening of Restorative Yoga: Winter Cocoon

**Tuesday December 16<sup>th</sup> at 6:00 pm**

Winter naturally asks us to slow down and turn inward.

Join Trish for a deeply restorative practice designed to help you unwind, release tension, and settle into stillness. With supported poses, gentle breathwork and a warm, cozy atmosphere, this class will invite you to pause and reconnect with yourself. Perfect for anyone craving calm, comfort, and a moment to breathe before moving into the next phase of the season.

We look forward to seeing you!



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

Dates: Dec 16, Jan 20, 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.