



Restorative Yoga Workshop

With Mary and Kim

Sunday, April 25th , 4-6pm

Relax and Renew during this special workshop designed to quiet and calm your mind and soothe your body. We will guide you through gentle yoga poses and pamper you with supportive blankets and bolsters to help your body gently open and your mind deeply relax.

\$25 per person/\$15 for teacher trainers and
yearlies