

Yoga for Gardeners Workshop

With Kathleen Wright and Kristen Kepnick

Saturday, April 28

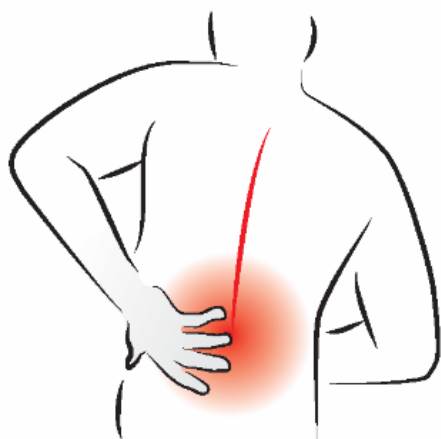
1:00 – 2:30pm

\$25 advance, \$30 day of
All levels welcome

It's finally gardening season! In the thrill of getting back into the garden, many of us overdo it. ...now what?



Take a break from the backbreaking outdoor work and join Kathleen and Kristen in the studio as they share helpful methods gleaned from yoga asana to **relieve common complaints and help prevent new ones.**



Just like the perennials in your garden, your body needs the right nourishment to rejuvenate so you can return season after season!