

Reflections and Meditation on the New Moon



- Join in circle to tap into the New Moon Power Period to revitalize your life
- Learn the secrets of New Moon Wishes in Cancer
- Prepare for meditation with some gentle restorative yoga
- Share in a meditation based on the magic of the New Moon

**Thursday, July 12
7:00PM to 8:30PM**

Garden of Yoga

140 North LaGrange Road-Suite 17
LaGrange, IL 60525

\$15.00 in Advance

\$20.00 drop in that evening

www.gardenofyoga.net

Call Meg with Questions:

708-261-6434

or email:

Meg@YogaFromTheBeginning.com



Meg Barber has been studying yoga for over eighteen years. Her yoga teaching experiences include workshops, retreats and women's circles. She completed her 200 hour studies in 2004 and 300 hours in 2012. With her roots in corporate America and her training in energetic therapies, Meg believes that yoga increases wellness while improving the quality of life. With this in mind, she believes that yoga and all healing modalities should be made available to people of all abilities.

