

Winter Solstice Reflections



The Winter Solstice is a magical time when the light of day is at its lowest point. It is a time of turning inward to contemplate our wishes, hopes and dreams for the next cycle of our life.

In this special event, join Meg for our 6th annual Winter Solstice circle to learn how to harness the power of this sacred time. Insights, wisdom and a meditation on the Winter Solstice will also be shared.

Wear comfortable clothes. Tea and a snack will be shared as a part of the event.

**Thursday, Dec 20
7:00PM to 8:30PM**

Garden of Yoga

140 North LaGrange Road-Suite 17
LaGrange, IL 60525

\$18.00 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.

