In person-Gentle Yoga Fall Series Monday 9:45-10:30am

10/23, 10/30, 11/06, 11/13

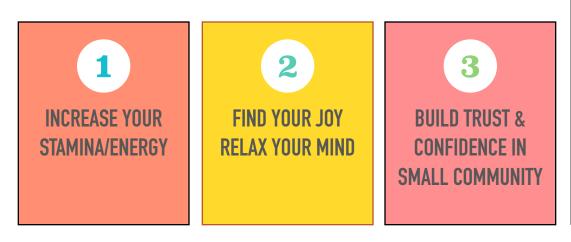


Tuition \$100 for the series

registration & deposit due 10/19/23

class minimum 4 students

In person studies is a great way to come out into the world and feel nourished in a safe environment. The student will open pathways through movement, and breathe awareness. Self-confidence is revealed in experiencing postural alignment and Earth connection. Leave rejuvenated! www.gardenofyoga.net





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