



# NATIONAL YOGA MONTH



## 4 WEEK BASIC YOGA WORKSHOP

with Kasia

Wednesdays at 5:00pm

September 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, & 29<sup>th</sup>

## 4 WEEK PRANAYAMA YOGA WORKSHOP

with Kathy

Thursdays at 7:15pm

September 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>nd</sup>, & 30<sup>th</sup>



## FAMILY YOGA with Katrice

Sunday, September 12<sup>th</sup> at noon

## CANDLELIGHT YIN & VIN with Laarni

Registration required Please sign up at the front desk

Friday, September 24<sup>th</sup> at 5:30pm

Yin Yoga followed by wine (BYOB)

