

THE NATIONAL YOGA MONTH

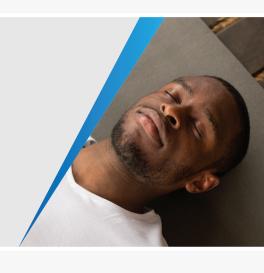


4 WEEK BASIC YOGA WORKSHOP

with Kasia Wednesdays at 5:00pm September 8th, 15th, 22nd, & 29th

4 WEEK PRANAYAMA YOGA WORKSHOP

with Kathy Thursdays at 7:15pm September 9th, 16th, 23nd, & 30th





FAMILY YOGA with Katrice Sunday, September 12th at noon

CANDLELIGHT YIN & VIN with Laarni

Registration required Please sign up at the front desk Friday, September 24th at 5:30pm Yin Yoqa followed by wine (BYOB)

