



A Special  
Yoga Practice  
with Kathy Stewart

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## GENTLE YOGA

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Sunday, February 24<sup>th</sup>  
4 p.m. – 6 p.m.

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Exertec Health & Fitness  
1500 First Street, Napa  
Members \$15 / Non \$20  
*Registration at front desk*

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## A Peaceful Yoga Practice

During this practice you will experience gentle restorative poses for deep relaxation. Pranayama breathing and meditation will provide a stillness to the **body and mind** for internal balance and healing. Find inner peace, **release tension and pain**. Restore your energy with

## Gentle Yoga

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*Join email list  
for upcoming dates  
[kat@yogainnapa.com](mailto:kat@yogainnapa.com)  
[www.yogainnapa.com](http://www.yogainnapa.com)*

