



***GENTLE YOGA PRACTICE
WITH KATHY STEWART***

**SATURDAY, JANUARY 12,
2013**

4:00PM – 6:00PM

**MEMBERS \$15 NON-
MEMBERS \$20**

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 & MIND FOR INTERNAL BALANCE AND HEALING. FIND INNER PEACE, RELEASE TENSION & PAIN. RESTORE YOUR ENERGY

**JOIN EMAIL LIST FOR FUTURE
UPCOMING DATES**

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