

# Candlelight Gentle Yoga

*Meditative Healing Practice*



Friday, January 11th

6:00 pm—8:00 pm

\$15/class HQ Members

\$25/class Non Members

During this calming practice you will experience gentle restorative poses for deep relaxation. Pranayama breathing methods draw you into meditation providing stillness in the mind and body. Release stress and body pain, create inner healing, restore your energy with Gentle Yoga.

*To register for Gentle Yoga contact:*

*HealthQuest Fitness Center*

*707-254-7200*

*3175 California Blvd.*

*Napa CA 94558*

*Contact Kathy Stewart for more details: [kat@yogainnapa.com](mailto:kat@yogainnapa.com)*

