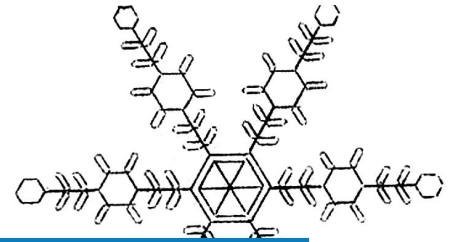


Restorative Yoga

Friday, January 15

6-8pm



rejuvenate...relax...renew

Breathe deeply and pause with a series of guided, supported, & gentle poses. Encourage tension to leave the body and peace to enter the mind.

xx

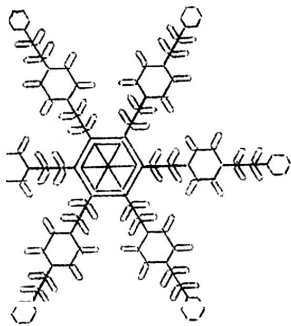
25.00 per class

xx

Monthly: Feb. 12, March 11, April 15

RSVP Encouraged!

Email/call Sherry Evans, RYT200 to register
sherryevans13@gmail.com ; 207-451-8503



Gateway Taiji, Qigong and Yoga
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