



Yoga Sessions



Discover Balance and Inner Harmony with Yoga!

The body benefits from movement, and the mind benefits from stillness. —Sakyong Mipham



Yoga Dates

- **August 21st 3:30-4:30**
- September 24th 4:00-4:30
- October 9th 3:30-4:00
- October 22nd 4:00-4:30
- November 13th 3:30-4:00

- **December 4th 4:00-5:00**
- December 17th 3:30-4:00
- January 15th 4:00-4:30
- January 28th 3:30-4:00
- **February 11th 3:30-4:30**

- February 26th 4:00-4:30
- March 12th 3:30-4:00
- April 8th 4:00-4:30
- April 30th 3:30-4:00
- May 14th 4:00-4:30
- **May 27th 3:30-4:30**

RSVP NOW

Bold Dates Include Sound