

Date: Monday,
September 23, 2019
Time: 6-8 PM

Members: \$10
Guests: \$20
At the door: \$25
w/half proceeds going
to charity

Instructor:
Kelly

Autumnal Equinox

Celebrate the wisdom of Autumn as a time to harmonize and reflect. The practice of flow yoga aides in building prana (power of breath) in the body and restorative yoga helps us to place that power where needed. Creating a sense of balance in the body and mind. This balance is harnessed in a meditation centered around our own night and day being equal and the new wisdoms that this season has to offer.



Pre-registration and payment
required. No refunds. Please
check our website, visit our
studio, or call for more
information.

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