

**Date: Tuesday,  
September 22, 2019  
Time: 6-8 PM**

**Members Studio: \$20  
Members Zoom: \$10  
Guests Zoom: \$20**

**Instructors:  
Becky & Angel**

**1/2 of the proceeds  
going to COVID relief**

# Autumnal Equinox

Celebrate the wisdom of Autumn as a time to harmonize and reflect. The practice of flow yoga with Angel aides in building prana (power of breath) in the body and yin yoga with Becky 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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[www.akashayogacenter.com](http://www.akashayogacenter.com)

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