

Date: Sunday,  
June 20, 2021

Time: 8-9:15 am  
9:30-10:45 am  
12-1:15 pm

**Fee**

Members: Free  
Guests in-studio: \$20  
Guests virtual: \$15

**Instructors:**  
Laura & Angel

**\*Join us in all 3  
classes that are all 1  
hour and 15 minutes  
long. This is a great  
way to center yourself  
for summer!**

# Summer Solstice

## w/Flow Yoga & Restorative

We will be celebrating the sun during this day in all 3 classes filled with the light of summer as a sacred time to pause in the inherent wisdom of the season. The practice of flow gets you going and then holding the yoga postures with restorative will rejuvenate you through the season of the sun!!

A long deep relaxation with a guided meditation can release stress, anxiety, promote healing of the body, mind and rediscover a greater sense of wholeness and balance that is naturally ours.



Preregistration and payment encouraged. 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)