

**Date: Friday,
December 21, 2018**

Time: 6:00-8:00PM

**Fee:
\$10 Members
\$20 Guests
part of the proceeds
go to TLS Veterans**

**Instructors:
Emilie & Becky**

Winter Solstice

Balanced Flow with Restorative Poses & Yoga Nidra

Celebrate the darkness of winter as a sacred time to pause in the inherent wisdom of the season. The practice of movement and restorative yoga poses that are supported and held along with the guided relaxation passages of yoga nidra can release stress, anxiety, promote healing of the body-mind. Rediscover a greater sense of wholeness and balance that is naturally yours.



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