



JUNE 6TH
7:00-8:15 PM

RESTORATIVE YOGA NIGHT

WITH COURTNEY

Join Courtney for a night of relaxation and tranquility including gentle, restorative yoga postures and Yoga Nidra.

Pre-registration required: Members - \$20 | Non Members \$25

Please bring: mat, blanket & water

Register by: 6/ 5/ 18 | Class Limit: 25