

Gentle Yoga

with Lori Myrick
from Spirit Meadow Yoga



Tuesday evenings 5:00-6:15

A gentle practice of mindful movement connected with breath, to build strength, increase flexibility, and create balance in body, mind and spirit. Each class will end with a meditation to fully integrate the practice, and allow for deeper introspection.

Drop In: \$16.00

5-class Card: \$70.00 *(paid in full at first class)*



www.spiritmeadowyoga.com

For more information contact: Lori Myrick ♦ 860-748-5609 ♦ Lmyrick4wellness@gmail.com