



**SUNDAYS 6:30-  
7:30PM**

**SUNDAY NIGHT  
YOGA**

A gentle, restorative practice, perfect for Sunday nights!

BEGINS NOVEMBER 5

**In this class, we will move through some active postures, then slow down to stretch and cool the body after an active weekend. Additionally, we will work through some breathing and restorative exercises to help us ground and center ourselves for the week ahead.**

**NAMASTE YOGA**

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