

AUTUMN WORKSHOP

NOV. 23 9-3:30 LUNCH 12-1

COME REFRESH YOUR PRACTICE
AND SEE WHAT'S NEW AT THE
YOGA TREE!

COME TO ALL OR PART
SUGGESTED DONATION \$30

BRING A SACK LUNCH



INSTRUCTORS:

Katy's class—2:00

Gentle and restorative, going deeply into your restrictions with long holds that use gravity to open the joints and connective tissues.

Derek's class—11:00

Completely centered around the breath. Helping students to become aware of the power of conscious breathing.

Elise's class—9:00

All levels Hatha Yoga class with a focus on creative sequencing intended to help you experience your body in new ways.

Chloe's class—10:00

Slow Flow is a gentle, vinyasa-based class with fewer poses than a typical flow, focusing on slower, mindful movement to help students of all levels find calm and clarity.

Sarsa's class—1:00

This is a yin based practice that incorporates some fluid movements along with longer held poses. Most poses are done on the floor with support from props.