



Restorative yoga

with
Kelly Pokharel

Fridays
5:30–6:45 pm

Discover the
beauty of
restorative yoga.

Recover from
the week and
feel great
in the days
ahead.

On Friday nights,
we supplement our
Light and Easy class with an additional 15 minutes devoted just
to restoration. We will teach you how to restore and relax so
you can feel more comfortable in your own skin.