

Mid-Winter Yoga

9:30 AM - NOON

Saturday, February 15

At the North East Arts Council - 25 Vine Street

Treat yourself to a morning of self-care with a yoga workshop.

Learn breathing techniques, stretching and strengthening sequences, and the restorative practice of deep relaxation. Appropriate for those new to yoga and those with experience.

Participants are encouraged to bring a mug for a tea break.
Each participant will receive an eye pillow.



Instructor: Deb Phillips, Certified Yoga Teacher RYT500

**\$20 North East Arts Council members fee, \$25 guest fee
Registration limited to 18.**

For more information: yogabones3@gmail.com or 814.725.4757