

Restorative Yoga

AT COMMUNITY YOGA



Join us for
a restorative yoga practice
with LIVE soothing Kirtan music
and massage!

In each pose, you will be completely supported by props. While the musical vibration of Live soothing Kirtan music flows through your entire body, a massage therapist will massage your feet, hands, and face as you relax into each pose of stillness and release.

Guided by: Jessica Bowles
Music by: Sam Noto
Massage by: Leslie Monger

Date: Friday, September 10th
Time: 6-8pm
Date: \$35

Registration and RSVP to Amy at 704-491-4749



COMMUNITY YOGA
115 North Main Street
Cornelius, NC
www.communityyoga.com
704-491-4749