

Imagine Yoga
Spring Workshop
w/Christina Tipton

*Spring is a time of RENEWAL~ PLANTING SEEDS~
REBIRTH~*

*The timing of this workshop is intended to inspire you to
connect to the reminders nature gives you~ transition
with clarity, find your courage and begin again.*



Saturday, March 24th

9:30am - 11am

*\$25 Members/\$35 Non-Members
(yoga + meditation + journaling)*

*The Spring Equinox falls on March 20, 2018 and
marks the onset of spring. This is a time when the
daylight and nighttime are equal.*

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