



Guided Imagery Meditation



Bonnie Zaman

Once a Month

Sundays

Sep 10, Oct 1, Nov 5, Dec 3

10:30-11:30AM

\$20 Single Class / Unlimited / Package

Sign up in advance to reserve your space @YogaBorn.com

No experience is necessary.

Helps to **reduce stress, promote relaxation,**
enhance personal and spiritual growth.

Different topic each month

***Beyond the class you can contact Bonnie Zaman for an appointment.
Call her to find out more (860) 944-1668***



Bare feet in studio. **Silence** electronics. **Refrain** from wearing perfumes.
Arrive early, first time visitors must complete newbie form.