



Yoga & Gongs



WORRIER POSE

Gemma CORRELL

Balance Body-Mind
Sundays
5:00-6:30pm
Sep 24
Oct 29
Nov 26
Dec 17

\$22 In Advance / \$25 Day Of
\$20 Yoga Born Member

Sign Up @ YogaBorn.com

Dawn Greenfield will teach a complete practice of movement, poses, breathwork, mantra, meditation, & relaxation. Doug Yaeger uses his gong(s), singing bowl & bar chimes to entice the brain into realms of well-being, emotional balance, & cellular healing.

Bare feet in studio. **Silence** electronics. **Refrain** from wearing perfumes. **Arrive** early, to honor the time advertised. **Only** body positivity spoken here.