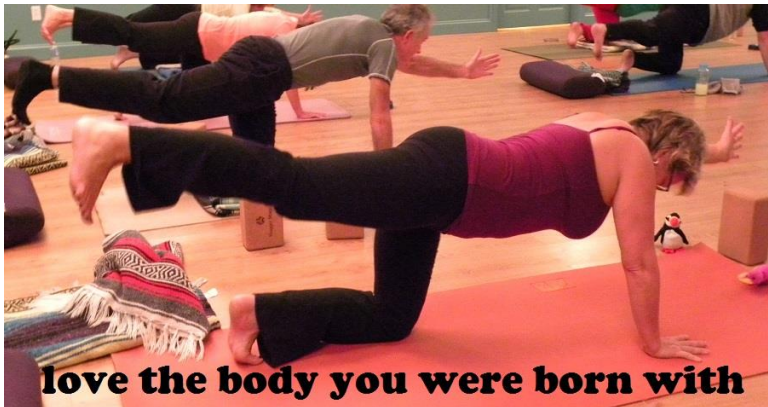




# Stress & Pain Relief

## Yoga & Gongs Balance Body-Mind



Dawn Greenfield will teach a complete practice of movement, poses, breath techniques, 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.

**Sun Aug 20<sup>th</sup>**  
**5:00-6:30pm**

\$25 Sign Up By 8/18  
\$22 Early Bird Ends 8/7  
\$20 Yoga Born Member

**Space is Limited**



*Questions? YogaBorn.com*

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

YogaBorn.com (860) 432-5678  
Town Center Plaza 1735 Ellington Rd, South Windsor