

Happy St.Patrick's Day!



MAY YOUR TROUBLES
BE LESS AND YOUR
BLESSINGS BE MORE
AND NOTHING BUT
HAPPINESS COME
THROUGH YOUR DOOR



IRISH BLESSING

Free

Moved to Sunday, March 20th, 5pm

Join Annelize for her *"Zoominar"* on what make Ayurveda & Yoga such powerful practices. Learn more about what it looks like to approach disease / imbalance through a holistic lens.

Discover *or remember* how these ancient sciences work on sustaining health at the mental, physical and emotional levels & see why they're so relevant today.

Bring your tea, your notebooks and your questions. *Teens welcome!*

[Easy sign up here](#)

March & April Classes &
Workshops

Special Full Moon & Spring Solstice Practice Monday | March 21st

4:30 5:30pm

Full Moon Yoga Flow & Meditation

(includes a more active flow, moon salutation)

6 - 7pm Restorative / Yin

by Candlelight + Yoga Nidra

(Will include more holding of postures with props)

Please sign up by March 20th at the latest.
Use your regular class pass or membership to attend.

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