

RESTORATIVE CANDLELIGHT YOGA

FRIDAY EVENINGS
Sept. 30th, Oct. 28th,
Nov. 18th & Dec. 16th
6-7:30 p.m.



**AT BLUEWATER YOGA
STUDIO
323 1/2 MAIN STREET
RED WING, MN**

**Sooth your senses, restore your body and calm your mind.
Begin by entering the serene candlelit surroundings of Bluewater Yoga Studio....
then allow yourself to be guided through a series of gentle restorative postures,
enhanced with breath meditations, sound and visualization....
all woven together to bring you back toward your inner light.**

**Tuition is based on free will offering....so share the experience by bringing a friend
to this welcoming and beautiful space.**

**As space is limited, please call or email to pre-register.
Kristina Ahern @ 952 261-5178 or ahernkristina@gmail.com**