

# RESTORATIVE CANDLELIGHT YOGA

## FRIDAY EVENINGS

Jan. 19th, Feb. 16th,  
March 16th and April 27th  
6-7:30 p.m.



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**