

RESTORATIVE CANDLELIGHT YOGA

**FRIDAY EVENINGS,
May 27th, June 24th
& July 22nd
7-8:30 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**