



Bodhi Tree Yoga
presents

autumn
Friday Night Chill
relaxing monthly series with Cathy

October 12
November 9
December 14
5:00 - 6:15 pm

\$15 drop-in OR use your class card/unlimited pass

This monthly class is a nourishing way to let go of your efforts: to relax, renew and reconnect with yourself!

We begin with gentle hip and shoulder opening poses, before exploring restorative postures and ball massage to promote a deep level of healing and release. Learn how the power of your breath (pranayama) can create a meditative space to receive the wholeness of yourself.

Friday Night Chill is suitable for all levels.

No need to sign up in advance - just come!