



Bodhi Tree Yoga

*presents*

# Thanksgiving Day practice

*with April Schaefer-Ayers*

**Thursday, November 22**

**9:00 - 10:00 am**

**by donation to benefit  
Willow Domestic Violence Center  
(suggested donation: \$10-15)**



Carve out some time to reconnect with yourself and open up to gratitude. Moving with breath, active poses, stretching and a delicious restorative pose or two will be included in this class.

All levels are welcomed. No need to sign up in advance - just come!

100% of the donations gathered will go to the **Willow Domestic Violence Center**, a Rochester non-profit whose mission is to prevent domestic violence and ensure every survivor has access to the services and supports needed along the journey to a safe and empowered life.

**Take a little break from the kitchen or relatives, and join us for practice!**

[www.bodhitree-yoga.com](http://www.bodhitree-yoga.com)