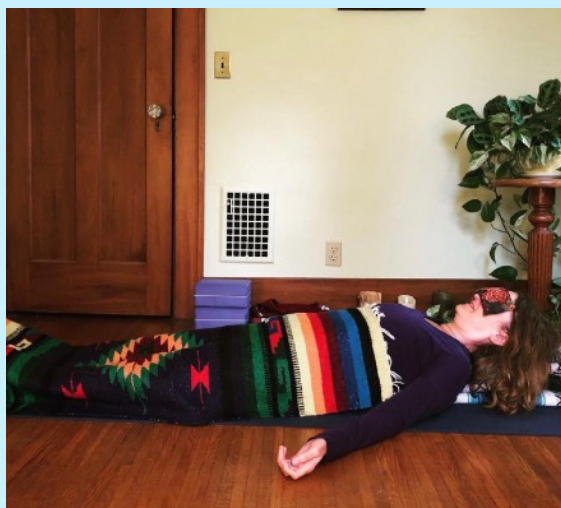




Pop-Up Community Yoga Practice: Restorative Yoga & Sound Bath

with Cathy Dasson



Sunday, December 10th

3:00 - 4:00pm

Brighton Pathways

3200 Brighton Henrietta Town Line Road

\$18 registration

\$12 discounted registration for Friends of BTY
Monthly Membership pass holders

Join Cathy for a nourishing yoga practice to support relaxation and ease through the holiday season. We will start with some gentle movements/stretchers to prepare our body for guided relaxation and breath meditation. Cathy will be playing crystal singing bowls to enhance relaxation and balance mind and body.

The class will be held at Brighton Pathways, 3200 Brighton Henrietta Town Line Road in Rochester. Parking info: Please park closely to one of the cars on either end of the lane across the back of the lot and fill in to the middle from there (it's obvious once you see it).

Bring a yoga mat and eye mask/eye bag if desired. All other props will be provided.

Space is limited to 12 students, so advance registration online is required for this special practice. No refunds available after 12/8/23.

www.bodhitree-yoga.com