



Luna **AND** FLOW POWER YOGA GROW

SATURDAY, MARCH 7, APRIL 4 & MAY 9, 2026

Flow & Grow Series, 11:00 to 12:15 PM

Join us for an invigorating experience that blends gentle yoga with mindful learning. Designed for all levels, this series is perfect for those looking to stretch, relax, and grow their understanding of holistic wellness.

Facilitated By: **Lynn Allen** - Yoga Instructor and Master Reiki Practitioner

What to Expect:

- **30 minutes** of gentle yoga to awaken the body and calm the mind
- **30 minutes** of guided learning (includes tea & a light treat)

March 7: ASTROLOGY: Deborah DeFrancesco – Certified Yoga Instructor & Level 3 Graduate of Debra Silverman Astrology

April 4: AYURVEDA - Kelly Daley, CAS, RYT, Clinical Ayurvedic Specialist & Owner of Daley Ayurveda

May 9: HEALTHY EATING - Susan Chasen – Certified Health Coach & Owner of The Organic Teaching Kitchen

REGISTER

REGISTER

REGISTER

- **15 minutes** to wrap up, reflect and connect

How to Prepare:

- **Wear** comfortable clothing
- **Practice** yoga barefoot or wear grippy socks
- **Bring** a yoga mat from home or rent one in the studio for \$2. Blocks and props will be provided.

How to Join:

- **Register** at Luna Power Yoga. *Space is limited!*
- **Register for any or all** of the sessions in the series!
Cost: \$25 per session
- **Text Lynn** at 914.482.5609 😊

Any Questions? _____

LUNA POWER YOGA, 175 MAIN STREET, BREWSTER, NY 10509

LUNAPOWERYOGA.COM