



summer yoga

Bring greater awareness to your being through the practice of Hatha yoga. Enjoy 75 minutes of conscious breath, movement, and meditation.

Open to all levels. Mats are available.

Donations are appreciated but not required.

FRIDAYS 8:00-9:15 AM

JUNE 19 & 26 • JULY 3, 10, & 24

Two Birds Healing Arts Center

211 W HWY 61, GRAND MARAIS

please contact Ellen with questions
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