cape coral YOGA & PILATES

PATHWAYS TO PEACE

with Mitch Haddad

Certified Samapatti *and* Sivananda Yoga Instructor

SUNDAY, NOVEMBER 8
SUNDAY, DECEMBER 6
4:00–5:30 PM

$35 / PERSON / WORKSHOP

"Yoga is an invitation to remember who we truly are as our true essence keeps unfolding. It is an invitation to embark on a journey of self-discovery that uniquely accommodates our specific needs so that we can address our individual mental and emotional experiences...And as we embrace this path, we gather more courage and trust than we ever thought possible."

— Yoga Essence Project