

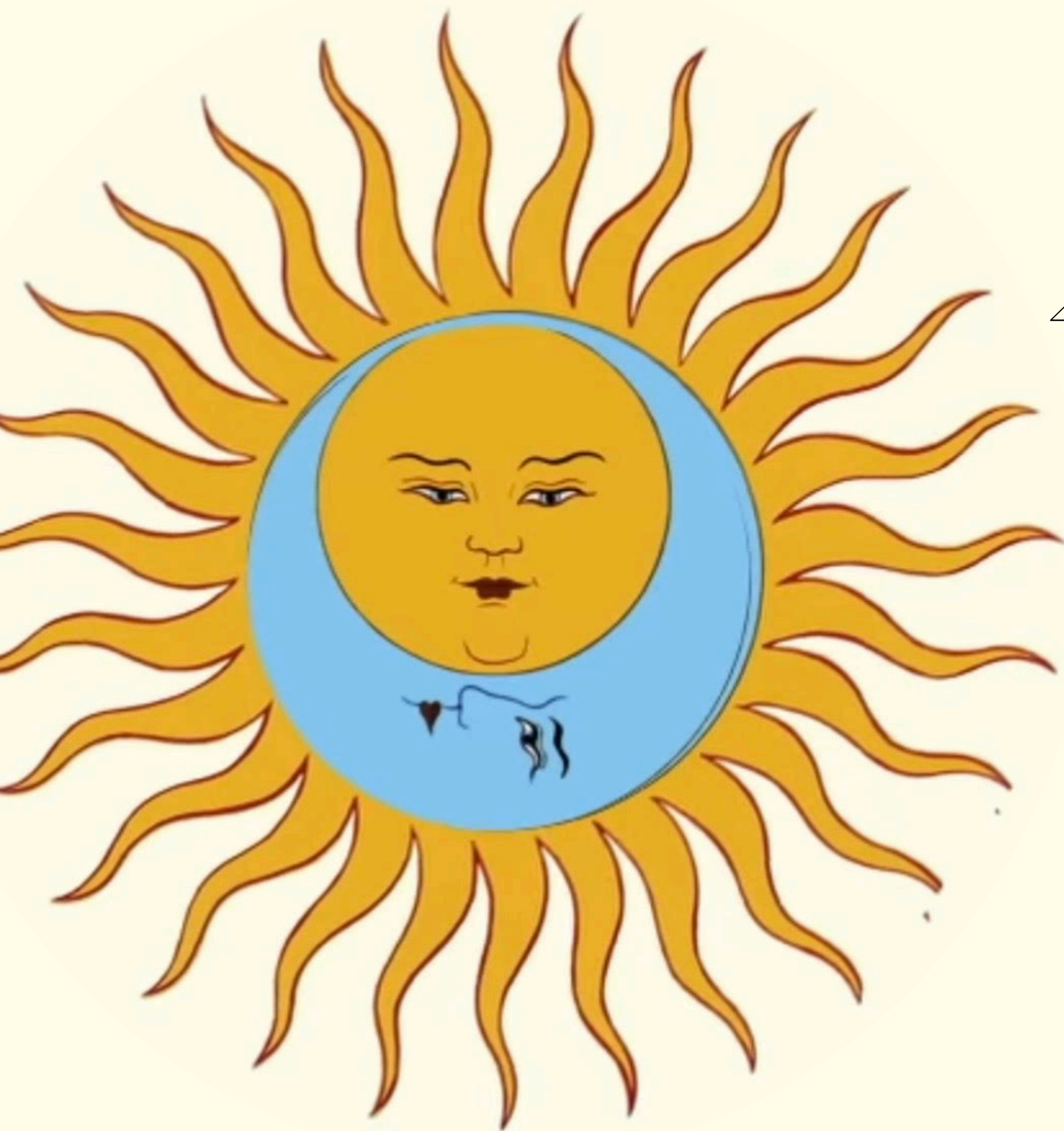


PATHWAYS TO PEACE

with Mitch Haddad

Certified Samapatti and Sivananda Yoga Instructor

**90-minutes of restorative yoga poses,
music, yoga nidra, meditation, and
breath work, for inner calm and peace.**



**Sunday,
June 7th**

4:00 to 5:30 PM



All levels welcome.

\$35/person.

Bring a bolster, if you have one!

***"An ounce of
practice is worth a
ton of theory"***

- Swami Sivananda