



YOGA: PATHWAYS TO PEACE

with Mitch Haddad

Sunday, October 5th

4:00 to 5:30 pm

Cape Coral Yoga & Pilates

Restorative yoga poses, music, yoga nidra, meditation, breath work, and more for all who wish to find greater peace and calm in their lives. Come and learn more about how to relax using yoga and meditation.

All levels welcome. \$35/person.
Bring a bolster, if you have one!

"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

