



YOGA: PATHWAYS TO PEACE

with Mitch Haddad

Certified Samapatti and Sivananda Yoga Instructor

90-minute yogic experience, designed to melt tension and reset your nervous system.



**Sunday,
February 1st
4:00 to 5:30 PM**



All levels welcome.

\$35/person.

Bring a bolster, if you have one!

"We can never obtain peace in the outer world until we make peace with ourselves" -Dalai Lama