



# 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*