



YOGA: PATHWAYS TO PEACE

with Mitch Haddad

Certified Samapatti and Sivananda Yoga Instructor

Sunday, November 2nd

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!

*"One does not become
enlightened by imagining
figures of light, but by
making the darkness
conscious"*

-Carl Jung

