



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,
April 12th**

4:00 to 5:30 PM



All levels welcome.

\$35/person.

Bring a bolster, if you have one!

*Those seemingly ordinary
moments of wonder in your life —
when you are arrested by the
sunset or a swell of music or your
child's face, and the line between
you and everything blurs — are
not throwaway moments. They
are actual portals into the sacred
nature of things -Valarie Kaur*