



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,
March 1st**

4:00 to 5:30 PM



All levels welcome.

\$35/person.

Bring a bolster, if you have one!

"There is a voice that doesn't use words. Listen."

-Rumi