

WELCOME!

I am really looking forward to sharing the experience of TRE with each of you! Here's what you need to bring...

- Yoga mat, exercise mat or blanket for floor positions
- Hand towel and/or bath towel (neck or back issues)
- Blanket (especially if you typically are chilly)
- Water
- \$45 cash only (thanks)

I suggest wearing layers, our bodies heat up and cool down as we move energy. Comfortable clothing to move easily in.

Any questions or concerns...

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SEE YOU DECEMBER 15TH