

Free Spirit Yoga

with Beverly Leighton

A mindful practice of breatheing,
easy flow asana and restorative postures
All levels welcome.

Wednesdays

11:00am & 5:30pm

@The Angel Wing
49 Ethan Allen Highway
Ridgefield CT. 06877

only \$20 per class!

For more information contact Beverly: letzdoyoga@gmail.com