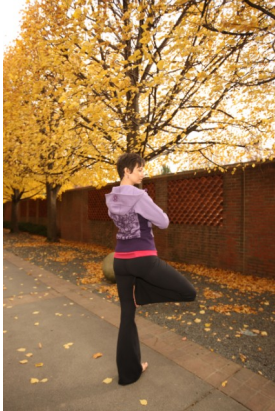




Santosha Yoga presents:

Autumnal Equinox Yoga Celebration

Register
early for
this event!
Space
may fill up!



Thursday, September 22
6:00 pm to 8:30 pm

The change of seasons is the perfect time to celebrate the spirit of yoga. Yoga affirms the need to find balance in life. When the day and night are in perfect alignment we can cultivate our own balance and reflect the beauty of spirit within. Join Page and Mary in a practice celebrating the Yin and Yang yoga practices. Page will start us out in a strong, yang practice celebrating the fire of summer. Mary will lead the second half of the practice with cooling and restorative poses that bring us into the fall.

The 6:00 p.m. Niyama Hot class will be cancelled to celebrate the Equinox.

The cost of the celebration is \$20 in advance or \$25 at the door.

Register at: www.mysantoshayoga.com

847-367-7445

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