

SPIRIT ROOM

GALLERIES

Relax

Saturday, September 15
1:00 to 4:30

With 3 Certified Yoga Teachers
Gini Duval, Dawn Morgan and Laurel Moulton

12:45 Arrival and settling in – We will begin promptly
(Call if you will be late)

1:00 Meditation, Breathing and Relaxation to Music with Dawn Morgan

1:30 “Joy of Life,” a talk by Claudia McGrath of the Wellness Center

1:45 Choose two professional bodyworkers
(Call to reserve, otherwise you will be assigned)

1:45 – 2:05

2:10- 2:30

Check two boxes: 20 minutes each

- ☐ Reike
- ☐ Biofeedback
- ☐ Foot Reflexology
- ☐ Chair Massage
- ☐ Table Massage

2:30 – 2:45 Refreshments and Break

2:45 to 3:15 Yoga with Gini Duval

3:15 to 3:25 Refreshments and Break

3:25 to 4:15 Restorative Yoga with Laurel Moulton

4:15 Ending Ceremony with Gini Duval

**No previous yoga
experience necessary.
Bring a Friend!**

Cost \$30
Reservations Required
(Class limit 12)

