

Trillium Center for Yoga and Health, 25 Market St., Potsdam, NY

Find Your Center International Day of Yoga

Saturday, June 18

Support Your Local Yoga Center

Suggested fee per class \$5 - \$15

6:00 am – 8:00 am

108 Continuous Sun Salutations with Jean Benvenuto

Come when you like, do as many salutations as you like

9:00 am – 10:00 am

Community Yoga, Ives Park Gazebo

10:30 am – 12:00 noon

Pregnancy Yoga with Terry de la Vega

1:00 pm – 2:00 pm

Yoga for Unlocking Your Potential with Amanda Stopa

