

Gentle Yoga with Vibrational Sound Meditation

led by Kathie VanNess



Join Us

September 15th | October 6th & 13th | 10:30-11:45am

for 75 minutes of gentle yoga and guided meditation

*Start relaxing and
enhance your
flow of energy!*

drop-in fee JUST \$15

JULIE'S **FIT**
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TO INSPIRE, MOTIVATE & CREATE A BETTER YOU

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Class Includes:

- ⊗ GENTLE YOGA
- ⊗ YOGA 1
- ⊗ PLANETARY GONGS
- ⊗ CRYSTAL BOWLS
- ⊗ HIMALAYAN SINGING BOWLS
- ⊗ TUNING FORKS
- ⊗ KOSHI CHIMES

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