

Restorative Yoga



Sunday, December 10th
3:00-4:15pm
Instructor: Mindy Caplan



COST
\$20 Member
\$35 Non-Member



Register online or
in Member Services
by 12/8/17

Prepare for pure bliss

Restorative Yoga slows down a hectic pace, soothes the nervous system, relaxes and restores the mind and body.

Please bring your own yoga mat, props and yoga blankets if you have them. Orders for blankets for home use will be taken after class. Delivery will be arranged by the instructor.

Contact: Debbie Quinones — 348-4501/debbieq@jccab.org

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