

Restorative Yoga



Sunday, February 19
4:00 – 5:15pm
Instructor: Mindy Caplan



COST
\$35 Member
\$50 NonMember



Yoga blanket included
with registration
(\$20 value)



Register online or
in Member Services
by 2/18/17

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 and blankets if you have them.

For more info or to purchase additional blankets, contact
Debbie Quinones at 348-4501 or debbieq@jccab.org

Restorative Yoga



Sunday, February 19
4:00 – 5:15pm
Instructor: Mindy Caplan



COST
\$35 Member
\$50 NonMember



Yoga blanket included
with registration
(\$20 value)



Register online or
in Member Services
by 2/18/17

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 and blankets if you have them.

For more info or to purchase additional blankets,
contact Debbie Quinones at 348-4501 or debbieq@jccab.org

Restorative Yoga

