

# Restorative Yoga



Sunday, June 24th  
2:30 – 3:45pm  
Instructor: Mindy Caplan  
ACSM CEP



COST  
\$20 Member  
\$35 Non-Member



Register online or  
in Member Services  
by 6/22/18

## 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