



RESTORATIVE YOGA AND MEDITATION

AUGUST 1ST – SEPTEMBER 5TH

SATURDAYS 10:15–11:30

COLONIAL FITNESS YOGA ROOM

MEMBERS AND NON-MEMBERS WELCOME

\$12 PER CLASS OR \$60 FOR THE SERIES

JOIN LINDA AND MARYANN FOR THIS GROUNDING EXPERIENCE OF
CONNECTING BACK TO YOURSELF.
ENJOY HAVING THE TIME TO FEEL YOUR WHOLE SELF IN EACH POSTURE
AS WE DEEPEN YOU WITH EXPERT ASSISTS AND COMFORTING TOUCH.
YOU WILL REALIGN YOUR BODY.
YOU WILL REALIGN YOUR MIND.
YOU WILL DISSOLVE THE BLOCKS WITHIN, BREAK THROUGH THE
RESISTANCE, TRANSCEND YOUR BOUNDARIES, AND GROW.

[LINDA ZOGAS ~ LINDA@LINDASPOWERYOGA.COM ~](mailto:LINDA@LINDASPOWERYOGA.COM)
[~610-698-0477 ~ WWW.LINDASPOWERYOGA.COM ~](http://WWW.LINDASPOWERYOGA.COM)

MOVE A MUSCLE, CHANGE A FEELING.