



# WELCOME TO COMMUNITY YIN YOGA

WITH

LISA

**1st**

**sunday of the  
month**

APR	* 13TH
MAY	4TH
JUN	1ST
JUL	6TH
AUG	3RD



NOTE:



PLEASE BRING: YOUR MAT,  
BLANKETS, BLOCKS,  
OR PILLOWS TO SUPPORT  
YOUR BODY IN POSES

**3 pm - 4:30 pm**

\* PLEASE EMAIL ME FOR ANY UPDATES OR QUESTIONS

SMS: +1 (860) 490-7107

Location:



VENMO OR  
@ THE DOOR

ADMISSION: \$15



**venmo**