



mind. body. breath.



Celebrate the Spring Equinox with a Yoga & Meditation Workshop

led by Karen Pace, ERYT

Sunday, March 11th; 2:00 - 4:00 pm

\$25 if registered by Mar. 1st (\$30 after)

Join us in celebrating the spring equinox, when the sun rises exactly in the east and sets exactly in the west and every place on earth experiences a 12-hour day. This natural alignment also marks the first day of Spring!



For more information call 747-YOGA (9642)
or visit us at www.synergyyogastudio.com

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