

## Forest Yoga

w/Inglis

Nature Walks w/

Gentile Yoga and Meditation

connect to your local lands

Classes will focus on

- Healing and Recovery
- Mindful Awareness
- Loving Harmony
- Building Connection

Class takes place at The Preserve in OS

5 week Sessions

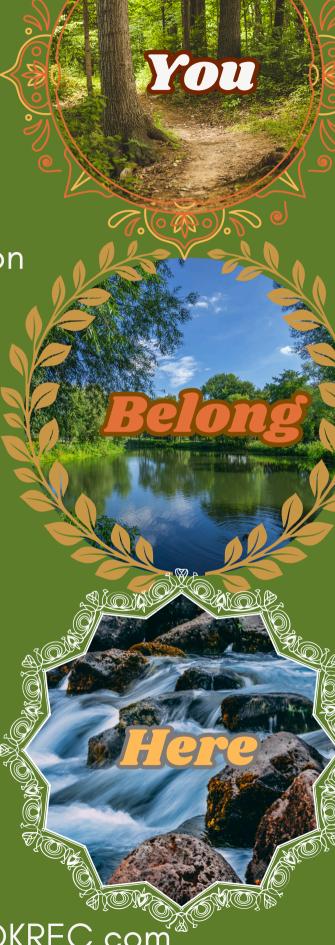
Meets Twice a week

Tuesday and Thursday

Morning Group 9:30-11:30am

Afternoon Group 2pm-4:00pm





www.OLDSAYBROOKREC.com