

Yoga at MEADOW CREEK



- WHERE** Meadow Creek Mountain Lodge & Event Center
Twisted Pine Pavilion, Pine
- WHEN** Every Wednesday at 9:30 am
- TYPE** Easy/Beginner Classes - Vinyasa (Flow) Yoga
A comfortable, familiar style of Yoga for more flexibility and relieving stress. Open to all gender and age groups (16 and under must have written guardian approval)
- COST** \$11 per class • \$50 for 5 Sessions • \$85 for a 10 Sessions
Cash, Check or Credit Cards
Drop-ins are always welcome!
(Cost and Instructor subject to change)
- EQUIPMENT/
ATTIRE** Yoga Mat or Large Beach Towel, Firm Blanket or Cushion to Sit, Loose Clothing that Stretches.
Optional Items: Straps and Blocks

Note: Avoid heavy meals prior to a Session (fruit is OK). Bring bottled water.

PLEASE - Arrive a few minutes early so each Session may begin on time.

We're sorry - child care is NOT Available.

For Further Information Please Contact

Sophie Paul, Instructor
sophie.paul@evcohs.com or 303-838-3322

Meadow Creek Mountain Lodge & Event Center
www.MeadowCreekBB.com or 303.838.4167

**We invite everyone to come visit
and rejuvenate in this most secluded
mountain setting.**

BLESSINGS AND NAMASTE



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