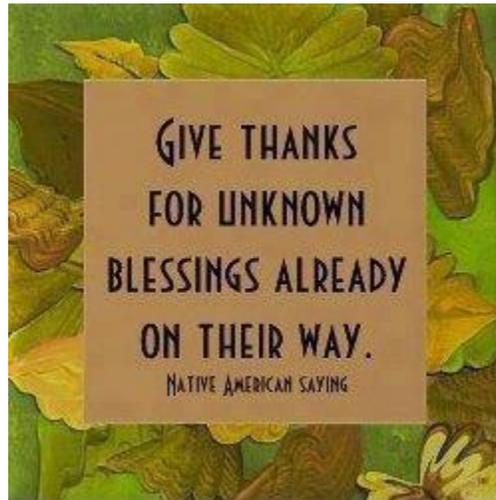


Thanksgiving Day Yoga Practice

with Mara Rosenthal



9:30-10:45am (Seaside Studio)

Join us in giving thanks on Thanksgiving Day with an all levels Yoga Practice!

We all have so much to be thankful for, and through community we can express our joy and gratitude together on the mat. Celebrating both body & spirit, its wisdom and giving thanks - we find expression through intentional movement.

"The attitude of gratitude is the highest yoga" ~Yogi Bhajan

Class By Donation

