

NOVEMBER 16TH 10:30-12PM

Restorative Yoga + Nidra

Join us for a soothing morning of restorative yoga and deep relaxation through Yoga Nidra. This special event will be hosted at **High Peaks Yoga Shala**.

Hosted by: Beth McNally and Nikki Warren
To sign up: venmo \$35 to @Beth-McNally-4

