

Welcome 2016 with **New Beginnings Yoga**

Friday, Jan. 1, 1:30 – 3:00 pm.

We'll begin with a 10-15 minute meditation, followed by an hour of yoga.

We'll close with a ritual to release the negative and propose a mid-year reminder of the positive.

Then we'll toast 2016 with mimosas and orange juice.



Some yoga experience necessary. Preregistration required so enough supplies can be on hand. \$20.