

Welcome 2017 with **New Beginnings Yoga**

Sunday, Jan. 1, 1:30 – 3:00 pm. \$20

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 write a mid-year reminder of the positive.

Then we'll toast 2017 with mimosas and orange juice.



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

Yoga Studio at Be Well Now, 221 E. Center Dr. Alton, IL. Call 467-8827 or email dmwatt33@gmail.com for information (reference "New Beginnings" in subject line)