



EQUINOX YOGA



Wednesday | March 18th, 2015 | 5:30-7:30pm

2hr Yoga Detox Practice + Cold Press Juice



Limited Space
cost \$20
Register by
calling
530..264.8693

Join *Mandy* for an Equinox Yoga Celebration. Though it may seem like Spring began in January it officially is now! This time of year marks a time of renewal, and rebirth of what has been laying dormant during the days of winter. This Equinox class is for those seeking ritual to greet the new season with a celebration of body, heart, and spirit. This will be a well balanced class of effort & ease. A challenging practice followed by restorative postures, hot stones, & aromatherapy. After class be treated to a fresh cold pressed juice made locally just an hour before. www.kinfolkyoga.com