



The Cassadaga Yoga Room
is wearing her new yellow sari.

Beginner Saturday classes resume for eight weeks:

Jan 5 - Feb 23, 8:15-9:30 a.m.

Each class includes pranayama, asanas, and
Yoga Nidra for wellness, peace of mind and health.

Contact; **Suzanne Dewees**

wellconnected@me.com if interested.

Kripalu Yoga Certified and Yoga Alliance

500 E-RYT.

\$11 per class.

“YOGA IS KEEPING OUR TRUE NATURE IN MIND”