



The Cassadaga Yoga Room

Beginner Saturday classes resume for four weeks:

Mar. 30th - April 20th, 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”