

WINTER SOLSTICE

with Carly Carney

Friday, December 21st
6:30pm – 8:00pm



**On December 21st when we arrive at the Winter Solstice,
it marks the celebration of the return of the sun.**

This special 90 minute class will honor the stillness and quietude of the winter season and celebrate the inner light that shines in all of us. Join Carly for a special yoga class that will nurture, restore and open your heart. Open to all levels.

Class is \$25 if you register before December 17th; \$30 after.

Class is limited so please register on our website under Offerings or at the Beverly Yoga Center.



Beverly Yoga Center

Nurturing the mind, body and heart through yoga and meditation.