

restorative yoga *with* live music

Join Liz Smith and Lisa Martirena for
a 90-minute restorative yoga class
accompanied by live acoustic guitar.

This class incorporates gentle movement
and restorative poses for flexibility and
ease that nourish the mind and body.
All levels of yoga experience welcome.

Friday
February 15

6:00 - 7:30pm

\$30 before February 12th; \$35 after



Beverly Yoga Center

*May the practice of yoga and meditation cultivate kindness,
compassion and care for your mind, body and heart.*

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