

# 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  
March 15

6:00 - 7:30pm

\$30 before March 1; \$35 after



*Beverly Yoga Center*

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

1917 W. 103rd Street, 2nd Floor

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[www.beverlyyogacenter.com](http://www.beverlyyogacenter.com)

