



Pop-Up Restorative Yoga Midweek Retreat



Relax, Renew and Recharge

Destress from the week with techniques that encourage mental and emotional relaxation. You will experience a flow of yoga poses at a slow pace with long supported holds, stillness and deep breathing. This practice will help you to relax before bed and encourage better sleep.

Date and Time

Thursday, July 25, 2024
7:00 - 8:15 pm

Instructor

Marlene

For more information, please visit
the Member Services desk.

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