

Gentle Yoga/Meditation

Saturday, October 3 @ 11am

Reconnect your mind/body/spirit!

Certified Yoga Instructor Susan Colette will guide us, via Zoom, through 45 minutes of gentle yoga and 15 minutes of meditation.

Participants of all ages
and abilities are welcome.



Register at

https://www.eventkeeper.com/code/ekform.cfm?curOrg=EASTONPL&curMode=ADMIN&curHelp=iax_1066&curID=457064&tEvt=6522476 to receive the Zoom link.