

Yoga is coming back to CSLTV!

Gentle Kundalini Yoga

with Lauren Crosthwaite

Come and get a gentle tune up for you mind and body every Tuesday morning, with gentle stretching, asanas and kriyas and meditation, finishing with a meditative Savasana with Tibetan Bowls.

Bing a yoga mat, water and towel if you have them and see you on the mat, (or chair if you modify). Namaste!

10:00-11:30 am Every Tuesday Morning
Starting Oct 9

