

Restorative & Yin Yoga
with Toni Kuhn
www.tonikuhn.com



Sound Bath & Meditation
with Kimberly Steele
www.tranquilitycenter.net



We invite you to join us for two special **Fall Events** in October & December, to deeply stretch, relax and restore combining Restorative/Yin Yoga & Sound Bath on:

- ***Sunday, Oct. 27th, 2019 10-11:15 am***
- ***Sunday, Dec. 8th, 2019 10-11:15 am***

***Suggested love donation of \$15-20
by cash or check only please***

***Tranquility Center
10594 Combie Road Suite # 1
Auburn, CA 95602
530-298-7455***



These classes are designed for all ages and levels of people. We use a fusion of Restorative & Yin Yoga stretching with guided meditation and sound for 75-minutes to release tension in the body and relax the mind.