

Restorative Yoga

Come Relax, Recharge
Unplug and Unwind

Wednesdays 12:30 – 2pm

This Yoga class will consist of supported
yoga poses which allow you to
Release, Relax and Renew

Smiling Tree Yoga

Gail Saunders

528.6208...gail@smilingtreeyoga.com

www.smilingtreeyoga.com

Solstice Yoga Studio
2450 West Third Street
Fulton & West 3rd (just off highway 12)
Santa Rosa

