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- * Gentle, **DEEP-TISSUE** massage
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* **Sylvie is back!** * **New!**

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Wed. 3:45-5:00pm
Feb. 25-Mar. 17
For **Age 10-16**
Cost: \$25 Preregistration required

Also starting Feb. 23 with **Sylvie**
Mondays 9:00-10:30am

Ashtanga **Drop-in** **New!**

Mondays 7:15pm **Drop-in**
Gentle Beginning with **Justine**

Justine practices mind/body medicine through yoga therapy and as a specialized kinesiologist. Through yoga, Justine promotes unity consciousness within the self that expands to the community and beyond.

Wednesdays 7:15pm **Drop-in**
Posture Flow Continuing/Intermediate with **Lisa**

Though **Lisa's** roots are in the Ashtanga tradition she has moved towards a more simple teaching format, which incorporates holding poses for longer periods of time, working with proper alignment and quality of breath. With deep relaxation at the end of class, you are sure to be taken into the peaceful night.

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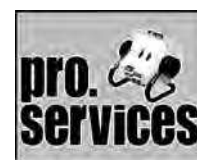
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