



Ayurvedic Autumn: A Yoga Circle



Tuesday, Oct. 20
3:30-5:15 p.m.
Support Site Fitness Center

An afternoon of self-discovery, movement and meditation inspired by Ayurveda. Explore the three doshas, reflect on what balance looks like for you this season and move through a grounding yoga practice designed to help you slow down and reconnect. The practice closes with meditation, deep rest and time to connect over a warm seasonal tea.

Ayurveda is a 5,000-year-old traditional way of natural healing that originated in India. It aims to prevent illness and restore balance using daily lifestyle habits.

Yoga is free, beverages for sale.

For patrons 9 years and older. Children 9-17 years old must be accompanied by parent/guardian.

For more information, call 081-568-4265 | DSN 626-4265.

