

Gentle Yoga

Meditative Healing Practice

Sunday, February 19th

4:00 pm—6:00 pm

Energy Studio

\$15 HQ Members

\$25 Non Members



During this calming practice you will experience gentle restorative poses for deep relaxation. Pranayama breathing methods draw you into meditation providing stillness in the mind and body. Release stress and body pain, create inner healing, restore your energy with Gentle Yoga.

To register for Gentle Yoga contact:

HealthQuest Fitness Center

707-254-7200

3175 California Blvd.

Napa CA 94558

Contact Kathy for more details: kat@yogainnapa.com

