



Hippy Twist

Saturday, November 19th


2:00-4:00pm

\$25 preregister by Nov. 12th

\$35 at the door

All Levels Welcome! Release stress that gets locked in the hips and help regulate the digestive system by moving through a fun combination of hip opening asanas and twists. You will be led through a complimentary set of postures that will leave you feeling open, flexible and cleansed – in body, mind and spirit! Dharma's teachings are humbly offered in honor of her beloved teacher, Chandra Om. For more information on Dharma visit www.dharmarichards.com or www.yogagardenncc.com. Om Shanti.

Preregister at
www.yogacenterofcapecod.com

with 
Dharma Richards
ERYT-500
Truth * Beauty * Yoga * Life

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