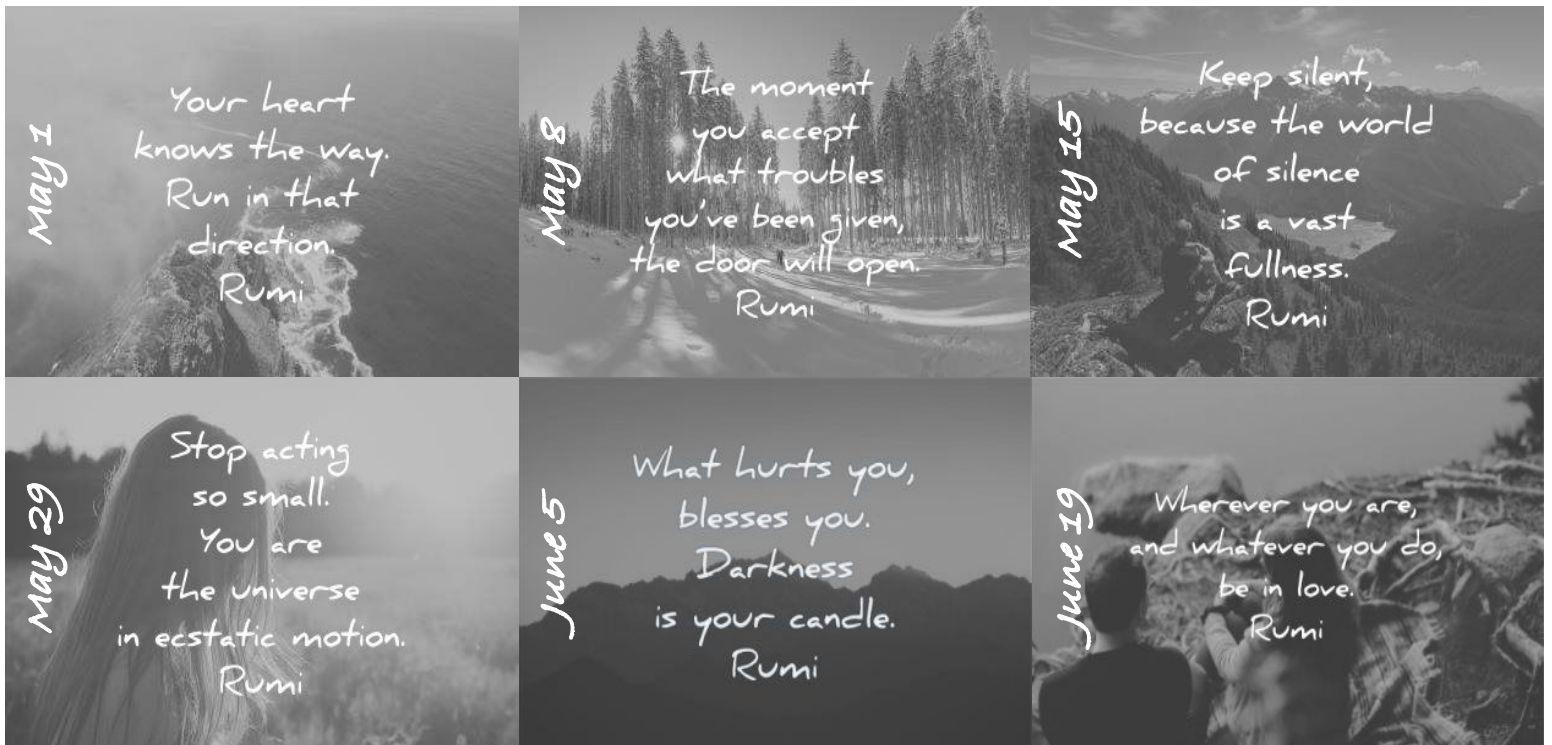


Aliveness Yoga

A Practice of Yoga, Psychology and Spirituality
with Joanne Kane & Dr. Jen Nardozzi

Sundays 10:30-11:45am
May 1 – June 19, 2022
6 themes inspired by Rumi



All are welcome!

All 6 sessions for \$99 or \$20 for individual sessions per household

Can't make a class? Don't worry, all classes are online via Zoom with recordings shared to watch at your leisure!

Register at
<http://www.yogalifepw.com/alivenessyoga>

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