

Essential Yoga

@ the Sangha



Jan 22 - Vision



Feb 12 -
Connection

select Sundays,
9-10:30am

Yoga with Essential
Oils for the Season

with Marta Weinstock

a collaboration with essential
oil enthusiasts, Linsey Krolik
& Robin Penney



March 12- Alignment

ALL LEVELS | \$10-20 donation for yoga, \$10 for oils

Take home a mini set of all oils used for an extra \$10 per session