

HAPPY SPRING!



No Saturday Yoga Classes May 5th or May 12th

I am taking the next two weeks to celebrate my 50th birthday!!



Wow! 50??? How did that happen??? I am so excited to be celebrating my birthday all month by spending time with beloved family, friends, and some of my favorite authors and creatives, like Thomas Moore, Marianne Williamson, Abraham Hicks, and Eckhart Tolle. I am also in the planning stages of a workshop that I will be leading in the summer for women who are wanting to age more consciously. So many exciting things in the works. It is a joy to share this journey with you!



Stay tuned for next month where you will meet the Yogi of the Month...Susan Frasca!



May you have peace in your body, peace in your mind, and peace in your heart<3
Namaste



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