Los Gatos Swim & Racquet Club



SOUND HEALING

WITH RESTORATIVE YOGA AND YOGA NIDRA
GRATITUDE AND APPRECIATION RETREAT

Friday, November 27, from 2:00 PM to 4:00 PM

Offered by Ann Weismann and Grisel Cremonesi

Celebrate and honor the heartwarming season of Thanksgiving by connecting with the energies of gratitude, love and appreciation.

No yoga experience necessary! All levels are welcome.
Give yourself the gift of peace, relaxation, and self-care this holiday season.

Benefits

- Relaxation
- Mindfulness
- Inner Balance
- Quiet Reflection

Cost: $59 early bird until November 16th,
$69 thereafter
Register at the front desk or at lgsrc.clubautomation.com



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