



Take time to reset and restore yourself with this all-levels yoga class led by **Dr. Roberta Garceau, 500CYT**. Move, stretch, and breathe yourself into a more relaxed evening. No matter how you arrive, you're sure to leave feeling grounded and refreshed.

Roberta Garceau

@Roberta-Garceau



venmo

Classes will be hosted at
The Bean @226:
226 Broad St. Windsor, CT
on the first Wednesday of
the month at 4:15 pm

No experience needed

Fall class dates:

November 6th

December 4th

WIND-DOWN WEDNESDAY

Yoga at The Bean @226

\$15/CLASS

Bring your mat and any props that support you (there will be a limited supply available to borrow)

****Space is limited: please reserve your spot now by stopping in or calling The Bean at (860) 808-4411***