



SUN SALUTATION WORKSHOP

With Josephine
and Bryan Russell

Sunday
March 7
2:00-5:00 PM
Walpole

Call or email to register
Tel: (603) 352-1684
yogajosephine@yahoo.com
Suggested Donation: \$27-\$54

Everyone Welcome. Perfect if you are interested in:
-Refining the postures involved
or
-Gaining clarity on the variations of sun salutations from style to style.



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