

YIN & YOGA NIDRA WORKSHOP



WITH
NICKY

SA, DEC. 1
1:30-4 P.M.
YOGA STUDIO

This relaxing and restorative workshop includes a yin yoga practice followed by yoga nidra, a guided meditation that soothes body, mind and spirit. \$45/member, \$50/guest

Registration required.



425.688.3172



fitness@bellevueclub.com