



FULL MOON RESTORATIVE YOGA At Core Wisdom

Tuesday January 10th

6:45pm-8pm

1800 30th Street
Suite 216
Boulder, Colorado
303.507.5934
corewisdom.org

Yoga on the Full Moon

It is said that on a full moon we become strong headed and will push ourselves to physical limits that don't serve us. So on the full moon why don't we allow ourselves be one with

the moon's rhythms while practicing restorative yoga. We will spend ample time in each pose, surrender to the props for support, let go and be washed by our own fluid tides. This hour and a half restorative yoga class will help cleanse you, from the inside

out, for the shedding cycles of the moon to come.

Please call or email to sign up for class.

*Single Class \$18 or
One punch off your class card.*