

# The Spring Equinox

Come and celebrate the beginning of Spring with a traditional practice of Surya Namaskar with Karin Eisen.

Performing 108 Sun Salutes at the Solstices and Equinoxes is a yogic tradition; a way of surrendering to the forces of nature and cleansing the physical body in order to prepare for the change of seasons.

Be prepared to lose yourself in the meditative flow of Surya Namaskar

Saturday, March 20th  
3-5pm

Only \$25

Sign-up at the front desk

