

New Year's Relax, Resolve & Renew for Peace, Ease & Love in 2018:



Meditation, Restorative Yoga & Tibetan Singing Bowls by Candlelight

with Mira Tessman & Ginger Marcus

Move into the New Year with greater ease in the body, peace in the mind, and love in the heart. Releasing physical tension in the body with restorative shapes; bathing in the healing sounds of heart-opening Tibetan singing bowls

**Sat. Jan 6, 2018
4:00-6:00 pm**



**\$40 in advance
\$45 day of**

For more information and to register please visit
Baltimoreyogavillage.com/workshops