

Breathe, Pause, Embrace



YOGA WITH ANJALI

SEPTEMBER

TUESDAYS

9-10:15 AM:

9/2
9/9
9/16
9/23
9/30

THURSDAYS

9-10:15 AM:

9/4
9/11
9/18
9/25

\$15 - drop in
\$65 - 5 class pack



Reserve your spot
Anjali Desai:
(860) 463-2458
adesai@desai.com



weekly classes at the
MA office
open to Farmington
Woods residents only

please bring a mat & blocks & arrive 15 minutes prior to class

Visit us at www.farmingtonwoods.com
The official website of Farmington Woods.