



We Provide the Tools to Build Strong Futures

JOIN US ON THE MAT!

**Recharge and Heal
with beginners gentle yoga.
Free your mind and Body,
Gain strength, flexibility, confidence
and inner peace.**

**Hosted by TriCircle
Lead by Toni McGovern
CHC, yoga instructor**

No cost to the attendees.

Floor space is limited to first 20 people.

Mats, bolsters, rolled towels are suggested but not required.

**10am on the last Saturdays in February, March, April, and May
(or February 25th, March 25th, April 29th, May 27th at 10:00am)**

**169 Colony St 2nd Floor
Meriden, CT 06452**

