



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
DANA BRINKE-SIMJOUW
CHC, yoga instructor**

**No cost to the attendees.
Floor space is limited to to first 20 people.
Mats, bolsters, rolled towels are suggested but not required.**

10am on the last Saturday of each month

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



www.tricircle.org

