

# INSCAPE YOGA

\$20/members

\$25/non-members

with live music

Sunday, September 25th

5:45-7:15pm

Enjoy a meditatively slow yoga practice set to live, acoustic guitar. Class led by RAC Instructor Sarah B.; Music provided by RAC Musician, Sterling Clay.

Inscape yoga combines slow flow and Yin-style yoga movements to stretch and nourish joints and create core-level relaxation.

For more information contact  
[SarahBroussard@gmail.com](mailto:SarahBroussard@gmail.com).

*Space is limited.*

*To register, purchase at the front desk.*

