

LAUGHTER IS A GOOD STRETCH, TOO™



Yoga, Laughter,
Light, and
Warmth to Melt
Away Winter Blues
Phil Milgrom, RYT, CSYT

Sunday February 28, 1:00 - 4:00 pm \$54

Register by Feb 14: \$49

Register someone new to the studio: take \$5 off

Suitable for everyone—experienced yoga practitioners and newcomers alike—you will be delighted, enlightened, and loosened up. Laughter, like yoga, releases tension, lifts your mood, and opens the heart. Imagine what an afternoon of both laughter and yoga will do!

"I loved your humor class... The spiritual aspects of humor were really fun for me! I do believe that we are closest to our true spirit when we are laughing!"

~ Kate Harper, Leadership and Life Coach

"Phil knows how to lighten your heart in a most yogic way!"

~ Swami Nirmalananda (formerly Rama Berch), Founder of Svaroopā®

Tranquility Yoga

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Send check made out to Tranquility Yoga