

Bring in 2017 with Good Yoga, Good Food and Good Company!

Celebrate the first morning of the New Year with a
FREE yoga celebration 10 am-3:30 pm

Join us for asana practice led by: **Laura Rooney, Ali Szarzynski, Ryan Hader and Jenni Guarascio** accompanied by the inspiring sound of Ryan Hader & Joe Tretow.

Enjoy a gentle Yoga Nidra practice by **Marietta Pucillo** during the last half hour.

Following the asana, join us in a tribe-inspired Potluck Feast. Let's build relationship, share yoga and food and get to know each other, broadening our shared intention toward the healing of our community, our country and our world.

10 am - 12:30 pm Asana practice
1 - 3:30 pm Potluck Feast

Please bring a dish to pass with your fellow yogis.

Pre-registration is required to reserve your spot. Spaces will fill up.

414-224-1519 or www.yamayogastudio.com/workshops



Yama Yoga

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