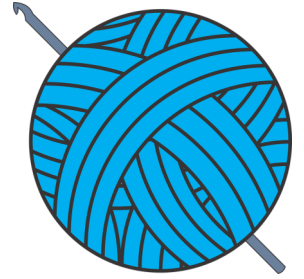


Knit - Crochet & Restorative Yoga Workshop



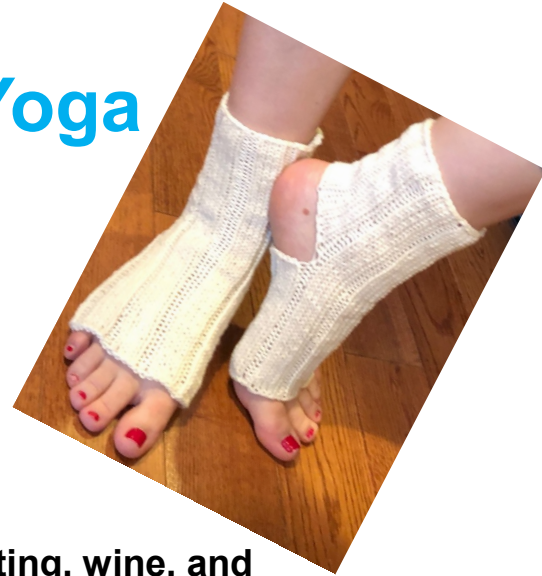
Sunday, October 14, 2018
4 - 6:30pm
at Creative Actions Yoga

\$30 cash/check, \$31.05 credit card

Add \$5 if you register after October 6th

You can drop off cash or check* at Creative Actions Yoga,
Mail New Student Form and Check* to Creative Actions Yoga,
or Register online at CreativeActionsYoga.com

Checks made payable to Creative Actions Yoga



**Join us for an evening of knitting - crocheting, wine, and
1 hour of restorative yoga.**

We will make yoga socks, with both a knit and crochet pattern.
This workshop includes the yarn, pattern, wine (1 glass only), and restorative yoga.

For this workshop, you need no yoga experience for restorative yoga
(restorative yoga is a supported, relaxation practice), and
you should know how to knit or crochet.

Bring your needles and /or hooks:

US 4- Double points or a long circular for magic loop / E or F crochet hook,

or purchase needles and/or crochet hooks, for an additional fee:

Bamboo Double Points \$11, Bamboo Circs \$12, Addi Metal Circs \$18, Hooks cost \$3



Creative Actions Yoga
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Bath, PA 18014

732-887-2150

CreativeActionsYoga.com



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610-419-9276

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