



FREE SERIES

Wellness & Hiking Series



strike a **pose**, take a **hike**, enjoy a **sip**

SUNDAYS 8:45–10:30am with Dawn

MAY 5	"Vino"yasa Yoga & Wine Tasting
JUN 23	Hike & Wine
AUG 11	"Vino"yasa Yoga & Wine Tasting
SEP 15	Hike & Wine

- Meet at the winery at 11010 Estate Lane, Windsor, CA 95492
- Arrive by 8:30am (GPS navigation can be a bit off so allow extra time), hike/class starts promptly at 8:45am
- Then relax & enjoy a free tasting & discounted wine purchases

PARKPOINT SANTA ROSA

REGISTER ON APP OR AT FRONT DESK
Questions? Contact Dawn at dawnjusticephoto@comcast.net