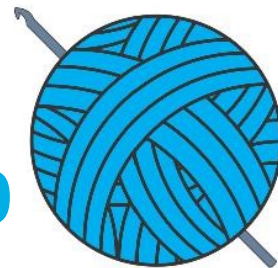


# Knit - Crochet & Restorative Yoga Workshop

Sunday, October 13, 2019

12 - 2:30pm

at Creative Actions Yoga



**\$30 cash/check, \$31.21 credit card**

Add \$5 if you register after September 28th

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](http://CreativeActionsYoga.com)

\*Checks made payable to Creative Actions Yoga\*



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

We will work on a log cabin technique with a washcloth,  
that can be applied to an afghan, etc.

This workshop includes the yarn, pattern, wine (1 glass), 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:

needle: size 7 straights or circulars, hook: size G and H

or purchase needles and/or crochet hooks, for an additional fee (cash only).



Creative Actions Yoga

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732-887-2150

[CreativeActionsYoga.com](http://CreativeActionsYoga.com)



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