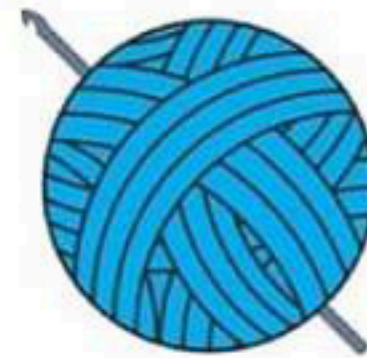




# Knit - Crochet & Restorative Yoga Workshop



**Sunday, March 10, 2019**  
**12 - 2:30pm**  
**at Creative Actions Yoga**

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

Add \$5 if you register after March 2nd

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 make mosaic knitting for the advanced/intermediate knitter  
and basic knit/purl for the beginner. Will make modular crochet potholder.

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  
5753 Nor-Bath Blvd.  
Bath, PA 18014  
732-887-2150  
[CreativeActionsYoga.com](http://CreativeActionsYoga.com)



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