



Props you will need for this delightful time together:

Yoga Mat  
2 Yoga Blocks(or some thick books)  
2-3 Yoga Blankets or Thick Beach Towels  
1-2 Firm Pillows or Bolsters  
Yoga Strap(Belt from a Robe or Martial Arts work well)

Cost per event is \$18

To register go to:

<https://www.treeoflifeyoga.studio/>

Then select the TAB-Classes and Calendars

Select the date you wish to participate and register for the class. If you are new to Tree of Life, you will need to sign a waiver during the registration process.