



*Come As You Are
... Awaken to Your Essence*



Bhakti Asana

Sundays 10:30-11:45am

Sunday November 6th with Valerie Midgett

Sunday October 13th with Serena Crawford

*Is your soul longing for a shot
of inspiration?*

Sunday October 20th with Sherri Fedele

Sunday October 27th with Jenny Allen

*Explore a vinyasa yoga practice
that turns asana into a moving,
meaningful ritual that reminds
you what's most important in life.*

