

A black and white photograph of a woman sitting in a meditative pose (Padmasana) against a brick wall. She has her arms raised in a prayer position (Anjali Mudra) with her palms facing up. She is wearing a white tank top and dark pants. The background is a textured brick wall.

FRIDAY
HAPPY HOUR

At Neighborhood Yoga

Nov 4th

5:30 - 7:30 PM

Reggae Vinyasa Flow *with* **Shauntel**

659 W. King Street, Boone NC

828.265.0377