



Join Tracy for a very special two-hour SPA Yoga Workshop. Students will spend 90 minutes moving through a slow, floor-based, restorative flow, culminating in an extended, guided savasana. All five of the senses will be engaged. Stay after your practice to indulge in wine & dark chocolate. This is the last SPA Yoga Workshop until the fall. Don't miss out!



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**Where: Waltham Yoga**

**When: Thursday, May 18<sup>th</sup> 7:30-9:30PM**

**Cost: \$30 or register by May 1st and save \$5**

**Reserve your spot today!**

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