



**An Afternoon of Yoga & Mindfulness**  
**Our theme this month:**  
*Giving Thanks*

**Saturday, November 9, 2019**  
**1 to 4 p.m.,**  
**Idyllwild Yoga Studio**

**54445 N. Circle Drive**

**For more information contact:**

**Kate Sirkin at (951)-326-6427; [katesirkin@gmail.com](mailto:katesirkin@gmail.com) or**

**Valerie Velez at (951) 392-6507; [kyoshinvelez@gmail.com](mailto:kyoshinvelez@gmail.com)**

**Space is limited, please RSVP**

