



**An Afternoon of Yoga & Mindfulness
With the Spring Equinox
Our Theme: Blossoming
Saturday, March 21, 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 or

Valerie Velez at (951) 392-6507; kyoshinvelez@gmail.com

If you are interested in a mindful morning hike that day from 10 a.m. to noon, contact one of us no later than Friday, March 13.

