



RENEW
RELAX
REJUVENATE
at
ALNOBA CENTER
in Kensington, NH
with
AYURVEDA
& YOGA
SATURDAY
MAY 12
10:00AM – 4:30PM

- Learn about and apply effective Ayurvedic nurturing practices
- Learn practices to further your strength and wellbeing
- Revitalize with Yoga Asanas & Pranayama
- Relax your body, mind, and spirit with Restorative Poses
- Experience Total Rest and Renewal with Yoga Nidra-iRest



Tuition \$108

Sign up by emailing: yoga@moebiusyoga.com

Mail a check to the office of **Moebius Yoga® & Ayurveda** at:

350 Hemlock Lane, Barrington, NH 03825 | 603.206.4548

www.moebiusyoga.com