

# Candlelight YOGA



Join Erin Urton this Winter Solstice for a relaxing and rejuvenating hatha yoga practice surrounded by the softness of natural light. All are welcome, beginner to advanced, to share a cozy and comfortable space united in breath.

We will begin by setting an intention for the new and holiday season, reminding ourselves to give, love and celebrate. Strengthen your practice as you approach this busy time, grounding in the present moment through creative and gentle, but deep, asana.

Wednesday December 22 . 6:15 to 7:45 pm  
\$14/person

To register contact Flowing Yogi Studio  
403.932.6109  
126 2nd Ave W, Cochrane  
[www.FlowingYogi.com](http://www.FlowingYogi.com)

also see [www.wix.com/erinurton/simply-yoga](http://www.wix.com/erinurton/simply-yoga)