



# YOGIS & YOGINIS WORKSHOP

## The Bounty of Autumn

Katonah Yoga Practices for Mapping a Creative Life in Menopause



**Saturday, October 19 from 4 to 7 pm w/ Cari Friedman & Heather Greer**

432 6<sup>th</sup> Avenue, corner of 9<sup>th</sup> Street – Park Slope

IG @yogisyoginis

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