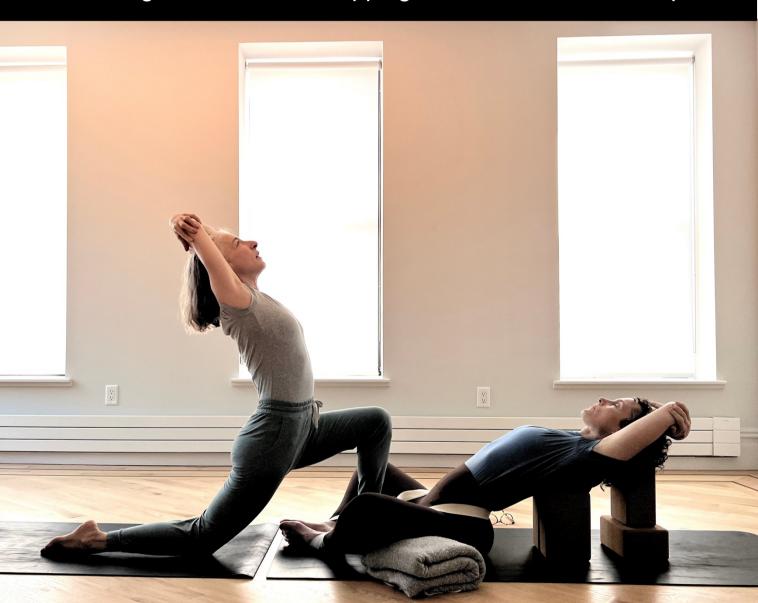


## YOGIS & YOGINIS WORKSHOP

## 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 Green