

Join us on October 10th,
10am PST/ 1pm EST



Healing Centered Yoga with Nikita Gupta, RYT

Join us for this flowing movement and breath practice to discharge stress and restore vitality and hope in our bodies. This session is designed to support all body types and practice abilities. All are welcome. Learn more about the practice:

<http://nikitagupta.com/yoga-for-healing/>

Registration and details:
<https://hcy.eventbrite.com>

