

Compassionate Connections

through Gentle Yoga & Inspired Harp Music



Judy Ruby, Yoga Instructor



Amy Camie, Spiritual Harpist

Imagine walking into a dimly lit room where the air is alive with gentle flowing energy. There's a feeling of comfort and safety that envelopes you and you exhale. Finding a comfortable place, you unroll your yoga mat and slowly position yourself onto the floor...or perhaps a chair feels easier for you. Again, you exhale in preparation for this gift you are giving yourself. It's time to go within to...

*Calm your mind & Relax your body,
Discover hidden elements within you,
Compassionately embrace the wholeness of who you ARE.*

Saturday, Nov. 18th * 4:00pm - 5:30pm * Cost: \$25

Space is limited; please register early by calling Jane's House.

Appropriate for all ages and levels of yoga practice

Jane's House of Well Being

1112C First Capitol Drive, St. Charles, MO 63301 * Phone: (636) 255-9642