

Reminder for “Weaving Healing Wisdom” – Paula Youmell and Jenny Morrill

This Wednesday – May 9 at 3-5

NOTES:

1) Wear comfortable clothes to move in simple yoga poses; bring a mat if you have one (but it is not required).

2) Visit the SOAR website www.soarnorthcountry.org to see some suggested links.

3) **An invitation:** Class is 3-5 Wed, May 9. You are invited to join the presenters for dinner after class at 5:30 at Jakes on-the-Water (in Hannawa Falls) at 10% off the cost of your meal.

Reservations needed! For a reservation, call Jakes at **315-274-9300**. Address: **5726 State**

Highway 56, Hannawa Falls. (**REMINDER:** Mention that you are joining Paula Youmell and Jenny Morrill for dinner when you make your reservation, so that you will be seated with the group and also receive to receive your 10% discount on your meal)