



SACRED SATURDAYS YOGA AT THE ICE HOUSE

Join Monya Cohen for a Hatha Flow Yoga Experience from 8:45 – 9:45 am

Second Session

Saturday, September 7, 14, 21, 28

Saturday, October 5, 19 (No yoga on Oct. 12 Apple Butter)

Saturday, November 2, 16, 23, 30 (No yoga Nov. 9 Festival of Lights)

Saturday, December 7, 14, 21

Drop in Sessions: \$10

Purchase a 5 class pass for \$40

Prior Yoga Experience is not necessary. All ages and yoga experience welcome.
Monya is a licensed Psychologist, Registered Yoga Teacher & Certified Phoenix Rising Yoga Therapist.

For more information or to schedule a **Private Yoga Therapy Session**
(self-directed practice combining yoga movement and psychology)

Contact Monya at monyacohenyoga@gmail.com.

