

# Peaceful Poses for Women

Prioritize your wellness journey for 2023. This women's circle will offer gentle yoga, breathing techniques, and mat chats. We will discover tools to destress, ways to address self care, and connect with others.

At: *Graystone* Mental Health and Wellness Group, LLC

303 S. 32nd Street, Camp Hill

**Fridays at 12:00 pm - 1:00 pm 2/3, 2/10, 2/24, 3/3**

OR

**Wednesdays at 5:30 - 6:30 pm 2/1, 2/8, 2/15, 2/22**

**\$100.00**

\*this amount can be prorated \*Snow dates will be the week after the last session

Register at <https://peacefulposeskidsyoga.com/sign-up>



717-579-7134

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[www.peacefulposeskidsyoga.com](http://www.peacefulposeskidsyoga.com)



Ann Fields, founder of Peaceful Poses Kids Yoga, connecting community, one breath at a time.