

# Winter Solstice Yoga Event

Tuesday Dec. 22nd, 6:00pm-8:30pm

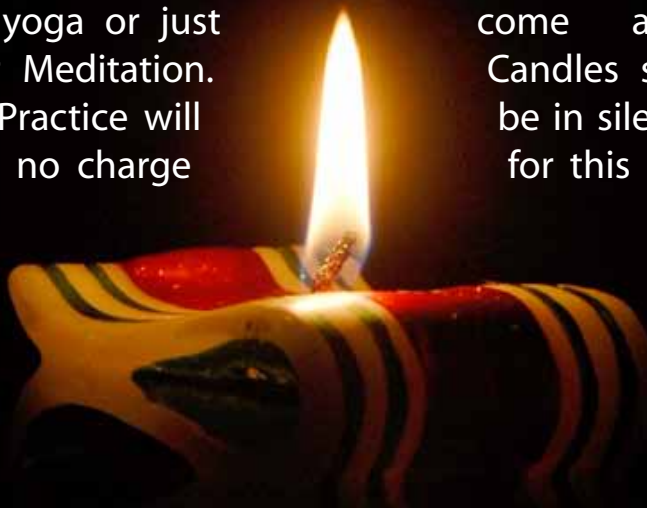
Candle Lit Self Practice - All Yoga Practitioners Welcome

Non-perishable Food Donations Accepted

(proceeds go to WARM Shelter Westerly, RI)



Candlelight practice from 6:00pm-8:30pm, attendees may arrive any time from 6:00pm on and finish any time by 8:30pm. Come and do any self-practice which could be only Sun Salutations, Ashtanga Yoga Primary or Second Series (entire sequence or shorter), other type of yoga or just come and do Pranayama (breathing exercises) or Meditation. Candles supplied or bring your own unscented candle. Practice will be in silence with no instruction or adjustments. There is no charge for this event. Contact Lou for more info.



26 High St., lower level, Westerly, RI 02891  
ph: 401-932-5650 [AshtangaYogaRI.com](http://AshtangaYogaRI.com)