

# ½ Day Yoga Workshop

## Sturbridge Yoga & CenterPeace Yoga

Saturday June 5<sup>th</sup>

8:00 AM – 1:00 PM

Sturbridge Yoga Lakeside Studio  
334 Mashapaug Road, Holland MA  
Fee: \$79

Includes yoga detox class, yin yoga class, yoga theory, meditation & organic whole foods lunch. Wonderful opportunity to connect and share your passion for yoga with others in the community. Beautiful lakeside setting.

Open to all levels,  
including first time yogis and beginners

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

(508) 344-5903

Laura Pucci, Owner

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

(860) 836-9621

Kristi Sullivan, Owner

