



Mind & Body  
NEW YEAR  
RESET

## Yoga and Sound Bath

**This is time just for you.** Start 2025 with some self care. Begin with 30 minutes of Restorative Yoga to relax the body and mind. Continue the experience with with an immersive sound bath. Bathe in sound waves of chimes, singing bowls, and an ocean drum during the second part of the class. Aromatherapy will be present throughout.

**Date:** Sunday, January 26  
**Time:** 3-4 p.m.  
**Location:** Yoga Studio - 1st floor  
**Cost:** Members \$10, Non-members \$15  
**Instructor:** Lyne Forret

For more information or to register, visit the Member Services desk or call 515-226-9622.