

# SPRING RETREAT TO HONOR MOTHERS MAY 10-12

## FRIDAY, MAY 10

### 5:45pm **Poi/Fire Spinning**

Come and watch this festive event and all that these spinners have learned! Family and friends all welcome!

## SATURDAY MAY 11

### 9:30-11am **Happy Hips Take 2** WITH MICHAEL FERGOT

We hold so much in our hips and Spring is the perfect time to open and release tension there!

### 3:30-5:15pm **Acro Yoga** WITH KIM LECLAIRE

So joyful and playful we can be during this practice. Join us to learn how to partner and play!

### 7:00-8:30pm **Kirtan** WITH MICHAEL WARREN AND COMPANY

Simply enjoy the vibrations together in these devotional chants! Beautiful harmonium, drumming and guitar playing to accompany. Bring friends and family to enjoy this beautiful experience.

## SUNDAY MAY 12

### 9:30-11am **Special Warm Vinyasa celebrating Mothers Day!**

### 3:30-5pm **Mother and Children Aerial Practice** (11 years minimum age) Aerial silks are both playful and restorative, and a great way to spend time as a family!

