



# RESTORATIVE YOGA

## *A Morning Retreat*

Led by

Angela Schmidt Fishbaugh,

M.Ed., CET II, Sport Yoga Instructor

Stretch • Rest • Revitalize

**Sunday, August 8, 2021**

9:00 a.m. - 11:00 a.m.

11:00-12:00 Light refreshments

Cobblestone Springs

4306 Lakemont-Himrod Road

Dundee, NY 14837

To reserve your spot call

(607) 243-8212



*Wear comfortable clothing*

*Yoga mats are available*

*Show up - Lie Down - STRETCH - Let Go!*

**\$20**

To register, email [cobblestonespringsrc@gmail.com](mailto:cobblestonespringsrc@gmail.com)