

FREE YOGA

HUDSON VALLEY HEALING CENTER
51 SPRINGSIDE AVE, POUGHKEEPSIE



Yoga Open House Weekend

FEBRUARY 24 - FEBRUARY 25
COMPLEMENTARY YOGA

Saturday	Sunday
10:00 John O.	10:00 Ami J.
12:00 Ellen B.	12:00 Sara H.
2:00 Ellen B.	2:00 Shawn

SATURDAY EVENING EVENT 6:00pm
GONG with HARIPRAKAASH

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