



Make it to Spring!

*Feel brighter and
uplifted*

Relieve tired, achy joints

*Become less reactive and
feel more in control of
thoughts/emotions*

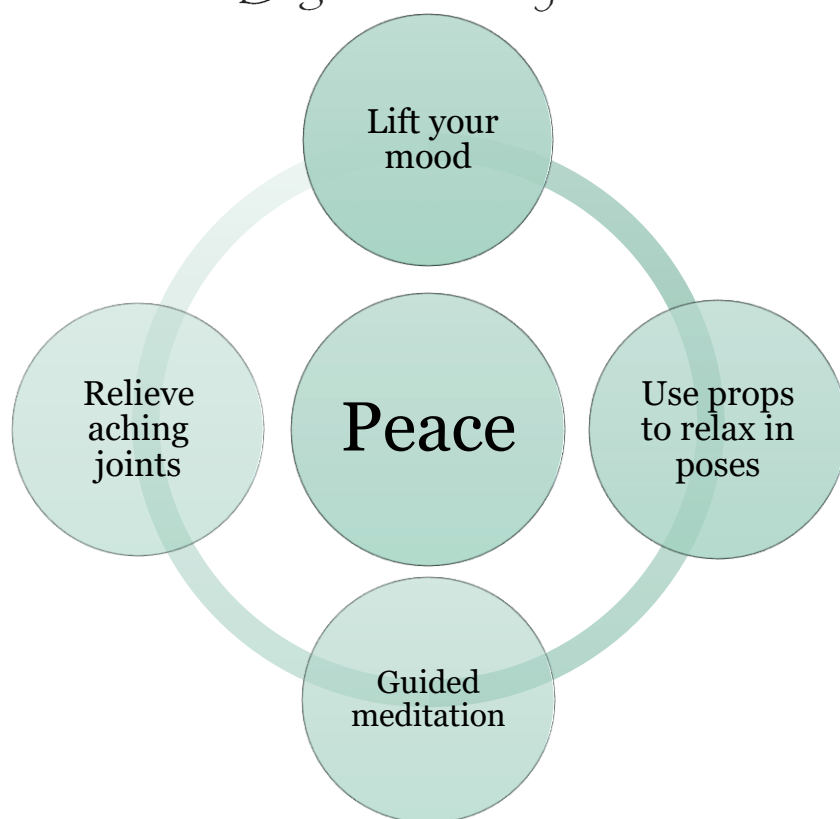
*Fall asleep more easily,
stay asleep.*

Candlelight Yoga for Winter Blues

Join us for the last 5 weeks of winter! This is a gentle yoga practice with guided meditation to feel relief and relaxation to ride out the winter.

Class will end on the first day of Spring!

Beginner friendly.



Join Emily Bitner M.S., LGPC, RYT500 as she guides you through a yoga practice to uplift the mind & body.

Individual support with
small class size, 5-7

75 min classes

\$75 for 5 week course

Tuesdays: 2/20-3/20

Register online at
[https://www.cmhcweb.com/
workshops](https://www.cmhcweb.com/workshops)

For questions contact Emily Bitner at bitner@cmhcweb.com or at 443-879-9279.