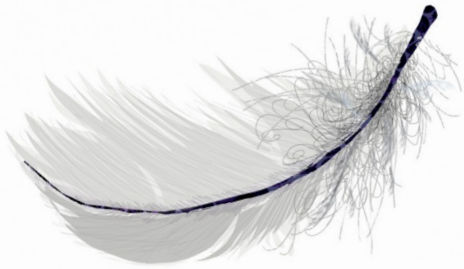
Experience the gentle grounding awareness
of breath, meditation, and movement
as your expression of yoga.
Share its essence in a one-hour
mixed level practice guided from the heart.



Yoga

at A Reiki World

1080 Kingstown Road #8
Palisades Mill Complex
Peace Dale, RI 02879

Wednesdays and Thursdays at 5:00
beginning Thursday, September 12th
Drop in fee $8 cash

Bring water and a yoga mat, props available.
Deb McNulty is a 200-hour Kripalu trained yoga teacher who believes the dance of yoga is an expression of the life within, mind, body, and soul. She can be reached via email, deborahannemcnulty@gmail.com.

Yoga For Every Body