



INTERNATIONAL
YOGA DAY
JUNE 21, 2023
KINNEY BUNGALOW AT
SUNSET FARM
505 PT. JUDITH RD
4PM-7:30

JOIN US FOR A SUMMER EVENING FOCUSED ON WELLNESS. TAKE A YOGA CLASS, SAMPLE HEALTHY BITES, TEAS AND REFRESHMENTS, MEET LOCAL WELLNESS BUSINESSES AND SPEAK WITH EXPERTS & AUTHORS STRIVING TO HELP YOU LIVE A HEALTHIER LIFESTYLE.



ENJOY ONE OR BOTH YOGA CLASSES HOSTED BY:

4:30-5:30PM WITH LORI GEMMA OF SOUTH COUNTY YMCA

6:00-7:00PM WITH GINA RAHEB OF NATURAL FITNESS YOGA

**REGISTRATION IS
FREE THOUGH
SUGGESTED
DONATION OF \$15 IS
ENCOURAGED AT
DOOR**

**SCAN FOR EASY
REGISTRATION**



PRESENTED BY



**NARRAGANSETT
CHAMBER OF COMMERCE**