

Yoga Dance at Camp Harkness With Samantha Rose!!!



Come join us for the joyful movement of Yoga Dance

Ending with a relaxing and healing Meditation session

(adaptations for people in chairs or wheelchairs)

Sunday February 11th

And Sunday March 10th

3:00pm to 4:30pm

Camp Harkness Dining Hall

Bring your own mats and water.

Optional: Bring blankets, pillows for meditation.

Open to All

\$10.00 donation accepted to **Camp Harkness Foundation** from family and community friends.

RESERVATIONS required. For further info call Elisa or Jackie at 860-443 -7818.