

# Save the date

Friday November 3rd

7.30~9.00pm

Adult Restorative yoga

Relaxation & guided  
meditation

at

Sound Body & Mind  
yoga studio

125 West Shore Rd,  
Huntington

Hosted by Elwood SEPTA

No experience  
necessary

All equipment  
provided.

50/50 Raffle

Relax, unwind  
& recharge  
before the  
holiday season

Welcome drink  
(non alcoholic)

\$35 per person



[Click here](https://restorative-yoga-relaxation-hosted-by-elwood-septa.cheddarup.com) – to pay online

Or Use the QR Code or Link to Pay Online: <https://restorative-yoga-relaxation-hosted-by-elwood-septa.cheddarup.com>

**Registration must be received by Tuesday, Oct 24.**

**No Walk-Ins will be permitted at this event. Space is limited**

Any questions contact Samantha Miller at [millie2u2000@yahoo.com](mailto:millie2u2000@yahoo.com) or  
Pamela Elfreich at [pelfreich42@gmail.com](mailto:pelfreich42@gmail.com).