Dear Yogis and Yoginis,

The time is fast approaching when we will be back on Fishers Island for the summer. Here is what we will be offering again this year starting June 27th and running through August.

YOGA CLASSES WITH ROSIE TAYLOR Starting MONDAY JUNE 27th

COMMUNITY CENTER MONDAY & THURSDAY 5.00 - 6.30 PM

$20 PER CLASS OR 4 CLASSES FOR $70 Suitable for all levels

SUPPLIES: Please bring to class if you have them, yoga mat, two blocks, a belt and two blankets

HAY HARBOR CLUB MONDAY, WEDNESDAY & THURSDAY 7.45 - 8.55 A.M.

 $23 PER CLASS NON-MEMBERS INVITED Suitable for all levels

YOGA AND BODYWORK WITH ROSIE TAYLOR Private sessions for:-

 Yoga assessments for practice routines

Personal Yoga instructor

Massage Therapy

Myofascial release and bodywork modalities

Help with chronic conditions, injuries and tightness (golf, tennis etc.) All sessions at $90 / hour

Contact Rosie. wmyoga@gmail.com or 757 876 1521

 REIKI AND ENERGY WORK WITH JOHN SHAW Private sessions for:

Reiki and Energy work Shamanic consultation All sessions at $90 / hour

 Contact John bimmer533@aol.com or 805 915 7791

We are looking forward to seeing y'all on the island again. Peace love and light and deep easy breaths

Rosie and John