

# An Evening of Yoga with Healing Harp



If you missed the live harp music in our studio last month, you have another opportunity to experience the amazing synergistic power of practicing yoga with the harp.

Join us for gentle restorative yoga and pranayama (breathing exercises). Our harpist will be Maryjean Zarick who has been playing the harp for 35 years and practicing yoga for significantly less time. For this workshop she has worked closely with the instructor, Suzie Lopez, designing music to both relax and energize, taking advantage of the healing properties of the harp.

All levels welcome.

**Saturday, March 27 • 5 - 6:30 PM**  
**Cost: \$15.00**