

Yoga with Drumming & Spring Equinox Drum Circle



Experience Yoga to the beat of African drums. Drummer Mark DeMaio uses three drums to create percussive magic while yoga instructor Barclay Bryan leads you through a Hatha Flow Class.

Then join Mark as he leads a Spring Equinox drum circle. Instruction will be given and some drums will be provided, however if you have your own, please feel free to bring it.

Saturday, March 20

Yoga: 5:30 - 6:45 PM. • Cost: \$15/class

Drumming: 7:30pm-9pm • Love Offering



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