

Please note this schedule change—

**Restorative ‘Polarfleece’ Yoga  
with Joolee has been moved  
to Tuesdays 4:30 pm to 6 pm beginning  
November 9th at the Bay Club**

Please call 907-235-2582 or come in to register for the class

- Kind, caring instruction
- Open to all levels—from ‘never before’ beginning to advanced
- A quiet, calming, centering practice
- Practice evolves toward guided breath work and meditation
- Dress warmly with multiple layers as poses may be held for extended lengths

