

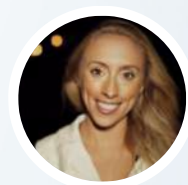
# Stretch Into Gratitude

25-MINUTE VIRTUAL SESSIONS

Fridays in November  
10:30-10:55am

[CLICK TO ADD TO CALENDAR](#)

Stress can cause tension in the mind and body. Join us to discover how and where we hold stress. Guided by our breath, your body will move through a series of stretching poses that naturally align the body and calm the mind.



Instructor:  
Cassie

