

A Thanksgiving offering....

Free gentle yoga
and meditation with Dawn

9-10am

The thanksgiving holiday can be pretty charged. We live on stolen land, and we have been sold a false history. Many of our families feel bruised or broken and time together can be hard.

This offering is a stepping out of grind and coming home to yourself. Join us in person or virtually.

Please email dawn@motherheartstudio.com to reserve your spot!

MotherHeart Yoga Sangha. 2359 East Susquehanna Avenue.
Philadelphia, PA, 19125

Zoom link @ www.motherheartstudio.com