

Join us for Yoga & Wellness at the farm! This four class yoga series will involve gentle movement and is geared for ALL levels. Each student will experience their own personal journey finding increased strength, balance, flexibility and a sense of personal growth and discovery.

We will move mindfully and find inner quiet to restore balance and peace in a safe supportive space. This practice will align the body, calm the mind, and open the heart.

Classes will be held on Fridays and Saturdays when Fable's market is open. Come with an open mind and leave with a full heart and lots of farm fresh goodies! Bring the entire family! See you on the farm!

Learn More About the Instructors: www.innerbeing.yoga

Time:

10-11am

Friday Series:

October 7
October 14
October 21
October 28

Saturday Series:

October 8
October 15
October 22
October 29



Classes meet rain or shine at Fable in our greenhouse. The series is non-refundable. Our farm is located at [1311 Kitchawan Road \(Rte 134\) Ossining, NY 10562](https://www.google.com/maps/place/1311+Kitchawan+Road,+Ossining,+NY+10562).

\$80 per series / per participant (under age 5 free with adult participant). Class minimum, 10 participants.

Email Marytorres@fablefoods.com for further information.