

# ***Morning Sadhana***

**Monday to Friday**

**6:45 - 8:15 a.m**

**November 24-28**

**December 1-5**

*Join me for an exploration of  
meditation and yoga asana to  
awaken your mornings and inspire  
your inner yogi/yogini daily.*

*Dive more deeply into you.  
Inhabit your practice.  
Wake up to your mornings  
and to yourself.*

**1 week: \$80    2 week: \$145**

Register with kristin honey

**519-826-0620**

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**[www.kristinhoneyYoga.com](http://www.kristinhoneyYoga.com)**

*Yoga*

**Temple Studios  
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