

lake  
champlain

YOGA  
&  
WELLNESS

# YOGA On the Deck!

Sundays  
9:15-10:15am

(weather permitting)



SCAN ME

All ages and skill levels are invited to join, whether you're in for yoga, the views, or both! For reservations scan the code above or go to [www.lakechamplainyogaandwellness.com](http://www.lakechamplainyogaandwellness.com). Text 888-529-9642 for info. 2885 Essex Road, Essex, NY 12936