

December

21

5:45 - 7:15

Winter Solstice Yoga

December, more than most any month, can go one of two ways. One is all tangled, all covered with bramble. You can get lost, what with all of the noise and all of the bright colored lights.

But December, if you choose, if you allow it, can be the trail through the woods that leads to light, far off in the distance.



**Join us to celebrate the
winter solstice with yoga by
candlelight in a practice of
movement, breath, chant
and meditation.**

**class taught by Elizabeth Terry
at
TMC Wellness through Movement
2134 N. 2nd St., HBG
www.themovementcenter.net**

**by donation to support the
Harrisburg Peace Garden**

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