

# YOGA FOR A CAUSE!



PLEASE JOIN US AT  
**NAHAR YOGA**

Nahar owner Arielle Welch will lead us through a Restorative Yoga class suitable for experienced yogis and yoginis and those new to yoga.

*Enjoy 90 minutes of the most relaxing yoga!*

**SUGGESTED DONATION \$18**

FRIDAY, MAY 19TH  
**6:30-8PM**

for a special class to benefit  
Jayme's Fund for Social Justice!



94 WEST BROADWAY, DERRY NH 03038

**To register, contact: Arielle Welch at  
arielle@naharyoga.com or call 603.247.5263**