



easy like
SUNDAY
morning *yoga*

- » **Sundays 10:00 in August**
- » **Pavilion Rain or Shine**
- » **All Level Class from Sheri Kosh, E-RYT**
- » **Benefits the Heart of the Highland Trail System**
- » **Bring your own mat/props**
- » **Minimum donation \$5**
- » **15 student max (online registration & waiver required)**
- » **Sign up: <https://www.beachtopeakyoga.com/classes>**

For More Information:
304-866-2215
vanced@canaanresort.com


CANAAN VALLEY
RESORT & CONFERENCE CENTER
A WEST VIRGINIA STATE PARK