

# Winter Solstice Yoga!



Sunday, Dec. 20  
4:15-5:30pm

Online • *Free!*\*

Enjoy Sun Salutations, breath work (pranayama), and deep rest, as we follow a sequence of meditative reflections to honor the season changing from Fall to Winter.

Julie Aha & Lisa Smith team up to commemorate this special time of year in which the light and longer days return.

Savor the moment the the sun appears to pause in the sky...

We, too, will pause, reflect, and fortify ourselves in mind, body, and spirit.

Honor the year behind you as well as the year ahead...

*\*Optional donation to SCAAP (via [sccap.org](http://sccap.org))*

Sign up via [www.gettyoga.com](http://www.gettyoga.com) or [MindBody.io](http://MindBody.io) and we'll send you the Zoom information to login to class

**Gettyoga** • Gettysburg, PA • 717-337-9977 • [www.gettyoga.com](http://www.gettyoga.com)

