

# GENTLE FLOW YOGA

WITH ERIN



BEGINNER \ INTERMEDIATE YOGA CLASS  
ACCESSIBLE TO ALL

INTRODUCTION TO POSES, BREATHING  
TECHNIQUES, AND MEDITATION.

JOIN US WEDNESDAY STARTING 2/28

6PM-7PM

\$20 PER CLASS  
EMAIL ERIN TO REGISTER  
[erin.kahnis4@gmail.com](mailto:erin.kahnis4@gmail.com)

THE SETAUKET  
NEIGHBORHOOD HOUSE

95 MAIN STREET  
SETAUKET