

# Simple Abundance Yoga

Invites you to join us for...

## *Hike & Flow Yoga*

**This Sunday, Nov 1<sup>st</sup> !**

Bays Mountain Park

(Meet us at 2pm at the upper parking lot)

We will hike the Cliffside Trail and practice on top of the platform with a view of the fall leaves and the sound of wolves howling!

