



Sunday Morning Devotion

Join Sarah and Sharon in celebrating life with yoga and meditation at the Three Sisters Guesthouse.

We will gather for an all-levels yoga class from 9:30-10:45 followed by a guided meditation and extended Savasana.

Tea will be available after.

Sunday, December 9, 9:30-11

Please come a few minutes early to get settled in

We look forward to practicing with you!

sharonstafanson.com // threesisterslostsierra.com

Where: Three Sisters Guesthouse, 3453 Sierra Estates Drive, Clio

Donation: Suggested donation \$15-20

Mats and props: Please bring your own and do let us know if you need to borrow a mat. We have blankets.

Parking is limited up the driveway. We ask that you park just off the road along Sierra Estates Drive and walk up