

# NEWTOWN YOGA Festival

Presented by:



**Newtown**  
COMMUNITY CENTER  
*Centered Around You*

The Newtown Yoga Festival has been designed to promote positive well-being, health and community. This year's theme and focus is "cultivating community." Yoga, mindfulness and music are tools for raising the vibration of love in our body, breath and brain as well as our community and in the world.


Please join us for a heart-opening, vibration-raising experience that will revive your spirit, enrich your practice and activate the power of community in your life!

The Newtown Yoga Festival will offer:

- Vinyasa
- Yin Restorative
- Ashtanga
- Chair
- Kundalini
- Paddle Board
- LYT
- Sound Bath

Reserve a spot online at:

[www.NewtownYogaFestival.org](http://www.NewtownYogaFestival.org)

- Tickets: \$40 pre-sale/ \$50 at door
- Bring Your Own Mat (and any blankets/props)
- Follow Us On:   

**SATURDAY,  
OCTOBER 15, 2022**

Newtown Community Center  
8 Simpson Street  
Newtown, CT 06470

**9:00am-4:00pm**



Featuring Internationally  
Known Yogi Speaker/Author:

*Anneke Lucas*