

# "Write the Light"

A Yoga, Meditation and  
Creative Writing Experience



**What:** A gentle, 45-minute, mindfulness-based, Restorative yoga practice will prepare you for 30 minutes of group meditation and channeled writing. Bring your favorite journal and a pen, as well as anything you need to feel comfortable in seated meditation (mala, essential oils, crystals, etc.). Dress in warm, cozy layers and prepare to be inspired! No previous yoga or creative writing experience necessary.

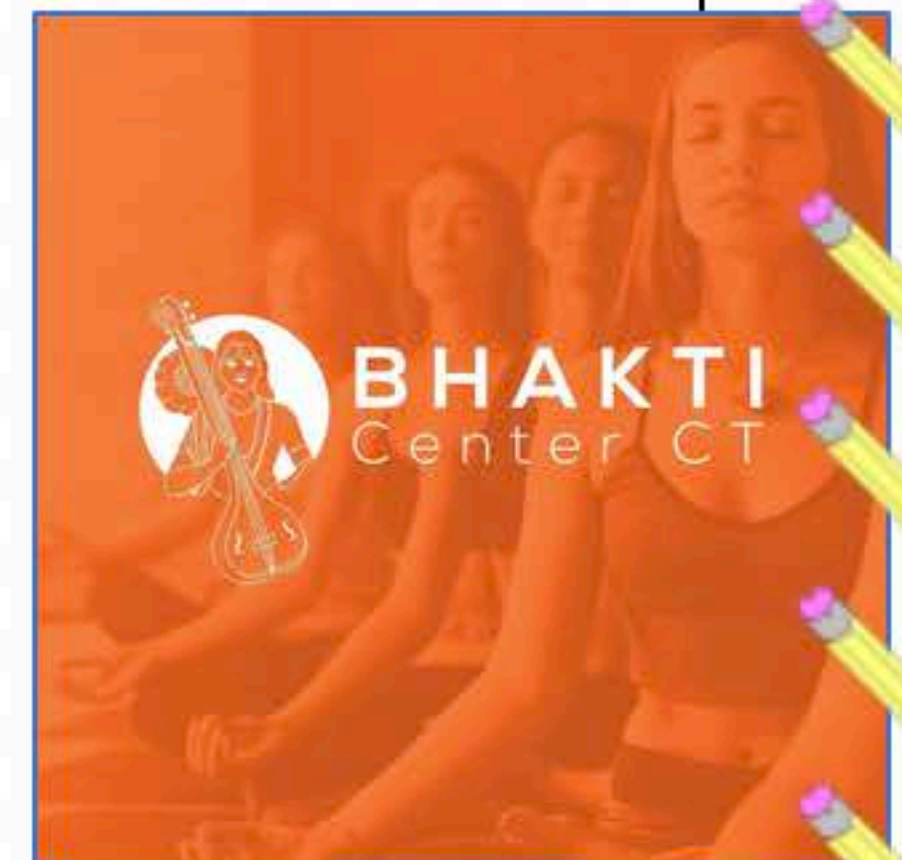
**Where:** Bhakti Center of CT  
750 Rear Main Street  
Willimantic, CT

(Entrance is on Riverside Drive, on the left past WAIM drop-off)

**When:** Every Wednesday, 7:30-8:45 PM

**Who:** All levels; beginners and drop-ins welcome!

**Cost:** \$12 per person



Offered by **Elena Schreiber, RYT**

Please text or call with any questions: **860-786-8108**

**Bring a friend and their first class is free!**