

# 12 Days of Wellness

## REFLECT • RESET • REVITALIZE

Sunday, December 2 • 10:30-11:00am



## GIFT YOURSELF TIME TO REFLECT ON THE PAST YEAR

Through guided mindful meditation and movement with 12 sun salutation A's at your own pace, to the rhythm of your own breath, reflecting on each month of 2018, and letting it go creating space and flow for the new year to come. Reset with quiet and calm seated inhales and exhales, followed by a peaceful shavasana leaving you feeling totally revitalized heading into the holiday season.

With Annie Parsons. Dress in athletic or yoga clothes. Program Room

**FREE**

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • [www.theswimmingholestowe.com](http://www.theswimmingholestowe.com)  
*The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.*

THE  
SWIMMING  
HOLE