



HUDSON
VALLEY
WRITERS
CENTER

Mini-retreats
Yoga Workshops
not just for writers

by *Angela D. Taylor*

at The Hudson Valley Writers' Center
in their historic Philipse Manor Station
Sleepy Hollow, NY

Gentle Yoga/Creative Meditation
September 24th & November 6th

Yoga & Meditation Circle for Writers
October 30th & November 13th

Restorative Yoga & Creative Expression
October 15th & November 19th



To sign-up or for info visit
angeladerecastaylor.com/yogini/#hvwc

