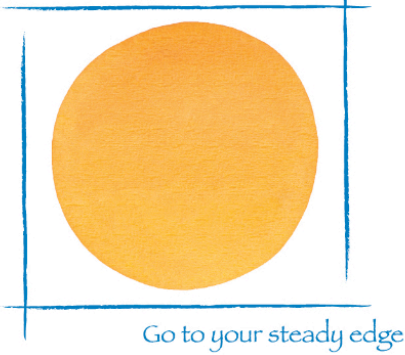


HITS THE SPOT YOGA™



Rejuvenate your Practice, Reconnect with Yourself

A Day-Long Yoga Retreat/Benefit for
Hundred Nights, Inc

with

Scott Willis

With special guest teacher Cindy Sterling
and a presentation by Mindy Cambiar from Hundred Nights, Inc

Sunday, Dec 4, 2016 9am to 4pm

Sterling Yoga Studios

7 Main St., Suite 7 Keene, NH

This benefit/retreat is intended both for beginners and those who have experience with yoga. It will introduce newcomers, in a very friendly way, to yoga practices that can easily be incorporated into daily life, and it will renew and strengthen the practice of more experienced participants

Hundred Nights, Inc. – is a non-profit organization whose mission is to provide a cold weather shelter that offers clean beds in a safe and warm space during the winter months to our neighbors in need.

All proceeds will be donated to Hundred Nights, Inc
Suggested Donation: \$55 - make checks payable to *Hundred Nights, Inc*

Scott Willis is the founder and director of Hits the Spot Yoga™ at the Yoga Center at Solar Hill in Brattleboro, Vermont. Scott has taught yoga since 1989, and is known for his compassionate style of teaching. He is an Experienced Registered Yoga Teacher (E-RYT 500) with Yoga Alliance. He enthusiastically leads yoga classes, trainings and benefit/retreats throughout New England. Visit www.hitsthespotyoga.com to learn more.

Info and Registration: Contact Scott at scott-willis@comcast.net