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Tales From The Yoga Studio

Olympic boxer, gold medalist Sugar Ray Leonard is one of the wealthiest boxers in the world with an estimated net worth of \$120 million. According to toptenrealestatedeals.com, his recently listed ...

Sugar Ray Leonard ' s Championship Mansion!!

Presented by Lifeway Foods, America's favorite kefir company, the weekly yoga classes will be led by a certified yoga instructor and take place within the multi-sensory and all-encompassing ...

IMMERSIVE VAN GOGH San Francisco Launches Yoga Classes

She admits that she hates labels, but "I like queer because it's

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just this beautiful, all-encompassing phrase that makes me happy." ...

Queer Yoga Teacher Kathryn Budig Is Embracing Pride As the 'Most Real Version' of Herself

To complement its virtual learning programs this summer, the Catawba County Library is offering a series of movement classes with Stretch-n-Grow of the Foothills. The certified instructors will ...

Catawba County Library offers movement classes salads to the hungry customers who they attract to company-sponsored yoga classes and fitness events. [1] Major medical centers across the land are opening the doors to these same fast-food joints ...

Tales of the Bizarro World: The American Response to the Obesity Epidemic

In addition to 10:30 a.m. chair yoga classes Mondays and Wednesdays ... Observing and listening across San Antonio, he finds intriguing tales to tell about everyday people. He shares his stories ...

'Fitness knows no age': San Antonio woman, 85, finds freedom through yoga

PANAMA CITY — This year 's Summer Reading theme for the Northwest Regional Library System is " Tails and Tales ... July 5. Animal Yoga: Learn animal poses; July 8. Pete the Cat Sock ...

Stop 'summer slide' with free 'Tails and Tales' program at Panama City, beach libraries

Stillwater Landing opened last weekend with live music, yoga classes, outdoor dining and cabin rentals. " We ' re super

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stoked,” Guido said. “ We ’ re so happy we found this and it all clicked ...

New owners transform Stillwater Landing into yoga retreat
Children up to the age of 17 can enjoy Neill Public Library ’ s reading program from June 14 to July 30.
Participants have the opportunity to participate in creative activities and the chance to win ...

Public library to host seven-week summer reading program
First Friday -- Starts with yoga at noon and includes music by The ... johntwohawks.com. Tails & Tales Trivia -- 6:30 p.m.,
Fort Smith Public Library via Facebook Live. Free.

FYI: Founders Day Saturday in Rogers

Now, I can recognize my warning signs and self correct either with my versions of self-help such as allowing myself to dive into books, doing yoga, or bullet pointing my thoughts to force my ...

'I wish I could live a normal life': What your friend with an anxiety disorder wishes you knew

Two outdoor yoga classes are coming up this weekend but they are not just any alfresco yoga sessions as both will be held in rather unusual and enchanting locations. On Friday, the In the Horse ...

Yoga with horses and in botanical parks

Kilted Yogi Finlay Wilson is re-opening his Dundee studio Heart Space Yoga and Bodyworks fully for the first time in a year. He said: “ I can ’ t wait to see everyone again – it will be the ...

‘ It ’ s going to be an emotional moment ’ : Fife and Dundee

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fitness instructors re-open for group exercise classes
Triad Cultural Arts will present a Juneteenth Celebration from June 17 to 19 in Winston-Salem. The event will include: 6-8 p.m. June 17: Owens Daniels ' " When the Revolution Comes: Photographic Works " ...

Arts briefs: Juneteenth festival, one-woman play, pottery sale and art exhibits scheduled

Volunteers will meet at the park at 6.15pm to begin the clean-up and afterwards they are invited to take a free dance class by the Afrodance Studio which ... Girls Can and Yoga with Vicky.

Cleaning and dancing in the park

Enjoy these types of tales as you take a boat cruise around ...
The lakeside spa has a sauna, meditation sanctuary, yoga classes, and 22 treatment rooms. Elkhart Lake, about an hour from Milwaukee ...

The Best Lake Vacations You ' ve Never Heard Of

Choose from a yoga escape led by Lucy Aldridge taking place in a studio overlooking the harbour or an open-water ... once the largest copper mine in the world, or seek out tales from the sea at the ...

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