Nurturing creativity on the North Shore of Lake Superior since 1947

List of Supplies

Class: Memoir and Yoga Instructor: Rachael Hanel

Please bring to class the following items:

- Pens or pencils
- Laptop or notebook
- Yoga mat
- Yoga block
- Comfortable, non-restrictive clothing

Your supply fee will cover the following items:

• Photocopied handouts

