

INTERNATIONAL DAY OF YOGA FRIDAY, JUNE 21ST

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CELEBRATE WITH US!

FREE COMMUNITY CLASSES

Studio 1 Downstairs

7:00-9:00am

**Mindful Yoga
& Meditation**

**Gina, Jody,
Erika & Katie**

12:15-1:15pm

Yin Yoga

Andi

5:30-6:30pm

***Glow In The
Dark Yoga**

Marcia M.

*Wear your glow in the dark necklaces, bracelets etc. to ILLUMINATE your yoga practice!

