

MAKE IT A DATE NIGHT!



**WHETHER YOU WANT TO
TRY YOGA FOR THE FIRST TIME
OR EXPAND YOUR KNOWLEDGE OF YOGA**

**We welcome you to a FREE SEMINAR
on YOGA BASICS**

**Please join David here at the studio
on Friday, February 12th
From 7 - 8 pm**

If you are curious about the benefits of yoga and would like to do some stretching to build your flexibility and strength, then YOGA BASICS is for you.

The format will be informative regarding the practice of yoga and is for beginners or for those interested in learning more about this ancient practice.

Get clear explanations/demonstrations of the benefits of doing YOGA POSES. Learn fundamental yoga postures, class format, Yoga Etiquette and more!

Yoga is for all body types, all ages, and all open minds.



By attending this workshop WE WILL OFFER YOU A 10% DISCOUNT when you purchase a 10 OR 20 CLASS PASS. This discount is available the day of the workshop only and cannot be combined with any other discount offer.