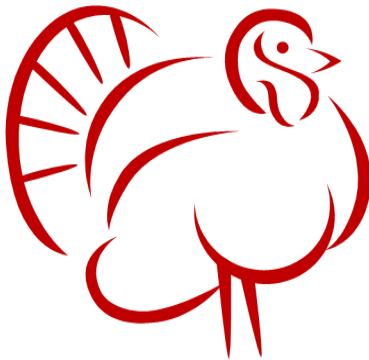


Join us for our annual Turkey Day Yoga!



Thursday, November 23...9:30-10:45am

\$10 per person...cash at the door or
use you're a class pass or membership

Join us for our annual Turkey Day Yoga! This all levels class is perfect to start the day of feasting off with friends and family members....led by Shari Simon. This class fills up, so enroll online now!

Thanksgiving Weekend Schedule

Thursday, Thanksgiving Day...9:30am Turkey Day Yoga

Friday, Nov. 24

9:30am Ashtanga Primary Series

Saturday, Nov. 25

8:00am Mysore / 10:00am Ashtanga Flow

Sunday, Nov. 26

8:00am Mysore / 9:45am Vinyasa / 11:15am Gentle Yoga / 5:45pm Ashtanga Foundations

