

POWER OF MOVEMENT



YOGA JAM!



6
MARCH

Join us for a special 1 hour class in support of the Power of Movement fundraising event for arthritis & autoimmune disease research.

This class will be a Moksha Mix with upbeat and inspirational music and two high energy instructors to keep you motivated!

Get ready to sweat it all out for this important cause!



THE DETAILS

WHEN: Saturday March 6th

TIME: 7:00PM – 8:00PM

COST: Minimum \$7 donation with all proceeds going to POM. (Regular packages do not apply)

TAUGHT BY: Maryday & Christina

BONUS: Bring a friend or family member new to the studio to this class and receive 10% off your next package!



ANYONE CAN DO YOGA!