

## CHANGE OF VENUE



October 7th - October 8th

Yoga classes will be held at the  
Spa in El Bosque

TUESDAY

Pilates  
9:00 AM

THURSDAY

Core Strength  
9:00 AM

SUNDAY

Vinyasa Flow  
9:00 AM

### VINYASA YOGA

A dynamic flow that syncs  
breath and movement,  
creating fluidity in the mind  
and body

### CORE STRENGTH

A dynamic flow of vinyasa and  
core strengthening poses.

**DROP IN CLASS - \$25 EACH**

**PRIVATE CLASSES ARE - \$50 FOR 2 PEOPLE**

\$10 PER PERSON AFTER THE INITIAL \$50 FEE

IF YOU ARE AN OWNER ASK ABOUT OUR 10-CLASS PACKAGE  
ALL CLASSES WELCOME ALL LEVELS OF YOGIS.

