



FLOW YOGA

nourish the body, calm the mind, strengthen the soul



March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat			
	1	2	Yoga 2 7pm	3	Yoga 1 7pm	4	5	6	
Open Flow 7 PM	7	8	9	Yoga 2 7pm	10	Yoga 1 7pm	11	12	13
Open Flow 7 PM	14	15	16	Yoga 2 7pm	17	Yoga 1 7pm	18	19	20
Open Flow 7 PM	21	22	23	Yoga 2 7pm	24	Yoga 1 7pm	25	26	27
Open Flow 7 PM	28	29	30	Yoga 2 7pm	31				

MARCH MADNESS - are you lucky?

Join us for class this month and be entered to win a very special prize pack—full of goodies to indulge your yogi lifestyle! The more classes you attend, the more chances you have to win!

Flow Yoga Syracuse

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