



Season's Greetings from Flow Yoga!

Hello fellow Yogi's and Yogini's,

It's Christmas time and I have much to celebrate – health, happiness and the opportunity to teach yoga! I thank you for your continued support of Flow Yoga, and the dedication to your own personal practice. Every time you come to class I am amazed and inspired by your progress—whether it's feeling the energy of a new pose, or learning to let go and breathe!



A Gift for You!

For the month of December, when you buy an 8 class pass for \$60, you will receive one complimentary class for free. Save it for yourself (because, yes, you deserve it), or share it with a friend and give the gift of wellness to a loved one this year!



Winter Solstice Restorative Flow

Join us for a special restorative class
Monday, December 21st, 7:00—8:15 PM, \$8

Take a break from the hustle and bustle of the holiday season and treat yourself to a well deserved evening of restorative yoga! Soothing and nurturing, the aim of restorative flow is to *relax, renew and restore the spirit!*

No prior yoga experience is necessary
Invite friends and family and share the love!

Warmest wishes of Peace and Love...

Namaste,
Beth

