



your body is your temple

Additional information about yoga studio, classes offered, breathing techniques, levels of yoga taught and more.

REGISTRATION IS OPEN!

Registration for hot yoga, prenatal yoga, and yoga essentials is going on now. Please refer to studio for more information.

**UPLOADABLE
LOGO OR IMAGE HERE
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BREATHING | REGULATE THE BODY'S ENERGY
MEDITATION | CALM AND CENTER THE MIND
RELAXATION | REDUCE AND ELIMINATE STRESS
ENERGIZE | RELAX AND TONE THE MUSCLES

\$0⁰⁰
OFF

Insert
Offer
Here

Cannot be combined with any other offer. Valid at participating locations only.

Expires: 00/00/00



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