

Free Day of Classes

Saturday, January 7, 2012

8am—5pm



Free Day!



10% off all healing services and select Pilates packages purchased this day

Enjoy healthy treats and enter a drawing to win a 5-class pass

FREE 45 minute classes all Day!

8am Hatha Yoga

9am Restorative Yoga

10am Pilates Mat

11am Yoga for Low Back & Hips

1pm Slow Flow Yoga

2pm Laughter Yoga

3pm Kundalini Yoga

4pm Gong Meditation

11am-1pm 10 minute Pilates Reformer Sessions

All classes are FREE !

No need to pre-register. No experience necessary.

Come to as many or as few classes as you like!



the YogaSoul
center fullscale yoga
and pilates