

HOLIDAY YOGA & RELAXATION

MY OLD KENTUCKY OM YOGA CENTER

DECEMBER
23 & 30




\$15/CLASS
\$25/ BOTH
CLASSES



JOIN INSTRUCTOR GRACE ROGERS FOR A 2-PART WORKSHOP FOCUSING ON...

**STAYING GROUNDED & CENTERED
THROUGH THE HOLIDAYS (DEC. 23)**

**RECOVERING, DETOXING, & UNWINDING
AFTER THEY'RE OVER (DEC. 30)**

4:00-5:30 PM  YOUR LOVED ONES WILL THANK YOU!