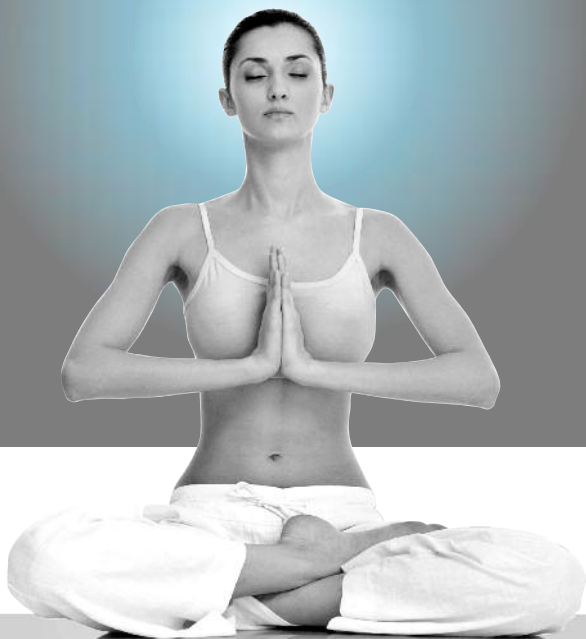


MEET OUR TEAM AND LEARN HOW yoga + TRX CAN  
HELP YOU ACHIEVE YOUR MIND-BODY FITNESS GOALS

# karmadays at yoga public



OPEN HOUSE February 7-9th  
Tuesday/Wednesday/Thursday, 9 am - 8 pm,  
COME FOR A VISIT AND/OR ENJOY A CLASS OR TWO

## yoga public

AS LONG AS KARMA EXISTS, THE WORLD CHANGES.

DONATION BASED CLASSES. 100% OF PROCEEDS DONATED  
TO THE GUARDIAN ANGEL BENEFIT FOR WOMEN'S CANCER



# karmadays

open house schedule February 7 - 9th

## Tuesday / Wednesday / Thursday

9:30 - 10:30 am	Core on the Wall
10:00 - 11:00 am	Hot Yin
11:30 - 12:15 pm	TRX Cardio Circuit
12:00 - 1:00 pm	Hot Flow
12:30 - 1:15 pm	TRX Body Blast
1:30 - 2:30 pm	Hot Core
1:30 - 2:15 pm	TRX Cardio Circuit
4:00 - 5:00 pm	Hot Flow
4:30 - 5:15 pm	TRX Body Blast
5:30 - 6:30 pm	Hot Core
5:45 - 6:30 pm	TRX Cardio Circuit
6:30 - 7:45 pm	Restorative Yoga

Please note: classes are subject to change.

**Space is limited; registration is required.**



DONATION BASED CLASSES. 100% OF PROCEEDS DONATED  
TO THE GUARDIAN ANGEL BENEFIT FOR WOMEN'S CANCER