

Flowing Yogi Open House Schedule

Sunday, October 30, 2011

10-4

FREE SAMPLER CLASSES

11-11:30 **Yin Yoga** with Jennifer

11:45-12:15 **Power Yoga** with Jennifer

1:00-1:30 **Mindfulness Meditation** with Doug

2:00-2:30 **Mindful Yoga** with Doug

3:30-4 **Pranayama & Meditation** with Jennifer

FREE 10-MINUTE MINI THAI MASSAGE

10-10:30 YOU MUST BOOK YOUR MASSAGE!!

CONTACT TARA FOR YOUR MASSAGE: tara@creativespирityoga.ca, 587-896-1788

2:45-3:15 YOU MUST BOOK YOUR MASSAGE!!

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ALL DAY

- **RAW SNACKS! VEGAN SNACKS!**
- **BUY A WALKING MEDITATION CD** = all proceeds to the Food Bank
- **REGISTER FOR CLASSES & WORKSHOPS**
- **ENTER THE DRAW FOR DOOR PRIZES** (7-class pass with Jennifer or 8 Mindful Yoga or Meditation classes with Doug)