

FREE YOGA DAY!

Saturday, September 19th

Simple Abundance Yoga

**4411 N. Roan Street, Suite 23
Johnson City**

FREE CLASSES ALL DAY!

9:30 to 10:15 - Wake Up Flow

Slowly stretching & building up to energized flow to wake you up!

10:45 to 11:30 - Intro to Yoga

Learn the basics of yoga to help you feel more comfortable in your first class!

1 to 1:45 - A Gentle Flow

Suitable for all levels - restorative & energizing all at the same time!

2 to 2:45 - It's Your Core!

Focusing on building core strength. Suitable for Beginners

Join us at 7 for a very special Silent Flow Class

In honor of the International Day of Peace & Global Mala Project*

Moving silently through our practice, with no instruction from the teacher

A very special & different yoga practice

For additional information, visit our website:

www.simpleabundanceyoga.com

Or call: **423.220.0552**

***The Global Mala Project - Taking Yoga Off the Mat & Into the World**