

GOOD NEIGHBOR

Johnson City's Simple Abundance Yoga Studio will celebrate Yoga Day USA

If there is a need or a charitable project in your neighborhood the Good Neighbor column can assist with, large or small, contact Sue Guinn Legg at slegg@johnsoncitypress.com, P.O. Box 1717, Johnson City, TN 37605-1717 or 929-3111, ext. 335.

Johnson City's Simple Abundance Yoga Studio will celebrate Yoga Day USA on Jan. 27 with an all-day yoga workshop for students of all ages and fitness levels — free with a donation to the Washington County-Johnson City Animal Shelter.

Cash donations, donations of dog and cat food and supplies included on the animal shelter's wish list posted at the studio and online at www.tailchaser.org will be accepted.

For a schedule of Yoga Day classes or more information about the benefit, stop by or call the studio at 667-2234 or go to www.simpleabundanceyoga.com.

In addition to the Yoga Day benefit, the studio will collect donations for the animal shelter throughout January and also pass along 100 percent of the proceeds from Sunday's Reflection Class to the shelter. The studio is located at the Shops on Sunset, 306 Sunset Drive, Suite 102.



Sue Guinn Legg