



# March News

Simple Abundance Yoga

**MARCH INTO SPRING AT SAY!**

**Fun events all month long!**

**BRING A FRIEND TO YOGA FOR FREE!**

During March, you may bring a friend or family member who has never practiced at our studio before to their first class for free! If your friend purchases a series, you will receive a coupon for 2 FREE classes which you may use or pass on to another friend!

## COMING UP THIS MONTH AT SAY:

- Friday, March 5th - Black Light Yoga 8 to 9:15
- Saturday, March 6th - Kickin' Core class 4 to 5:30
- Saturday, March 13th - Couple's Yoga class 4 to 5:30
- Friday, March 19th, Black Light Yoga 8 to 9:15 pm
- Saturday, March 20th, Kickin' Core Yoga 4 to 5:30
- Sunday, March 21st, Hike & Flow
- Saturday, March 27th, SAY one year anniversary celebration!

*Couple's Yoga Class*  
**Saturday, March 13th**  
**4 to 5:30 pm**

A beautiful and unique way to practice yoga. No experience necessary. This is a fun class and a great way to spend time with your partner, connecting in a whole new way. **Pre-registration is required for this class.** Limit of 5 couples.

Sign up **BEFORE** March 8th. **\$14 per couple.**

## BLACK LIGHT YOGA & KICKIN' CORE CLASSES

**Black Light Yoga** - Friday, March 5th and 19th, plus a **FREE** class on Saturday, March 27th!!

**Kickin' Core classes** - Saturday, March 6th and 20th

## 8 series special for March!

If you purchase an 8 series March 1st and use it **before** March 17th, you will receive **\$10 off your next series!**

**This offer is only good during the month of March.** If you have previously purchased a series, we can place that on hold until after the 17th and just add it to your new series. Questions? Please ask.

## SAY Anniversary Celebration!

**Saturday, March 27th**

**Morning Flow** 9:30 to 10:15

**Afternoon Core** 3 to 4:15

**FREE Black Light Yoga!** 8 to 9:15

**The Morning Flow & Afternoon Core classes are DONATION ONLY**

With 100% of the proceeds going to the American Cancer Society Relay for Life!

This is our way of saying **thank you** for a wonderful year together!

**Hike & Flow Yoga Sunday, March 21st**

Celebrate the first full day of spring with a hike and yoga practice. Time and place to be determined.