

Celebrate Yoga Day USA



My Time Studio



Join us for a **\$free\$** day of yoga!

Stop by anytime on Saturday,

January 29th

9-9:30 am Yoga 4 Kids/Teens

9:30-10:00 am Ashtanga/Meditation

10:30-11 am Yoga 4 Two

11-11:30 am Chanting/Meditation

11:30-12 Noon Nidra (deep

restorative meditation/relaxation)

Noon-12:30 pm Question & Answer

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