



March 13; 8:30a- 9:45a

Energizing Yoga Vinyasa Flow

Special \$5 Drop ins!
Half Price Yoga!

Get your weekend started off with a wonderful revitalizing and uplifting yoga class and finish with Savasana, final relaxation, with optional aromatherapy!

Stay for a cup of hot tea after class, or get in and out and on with your weekend.

*Yoga 4 Love at Superkicks Karate
800 Silken Crossing
Midlothian, TX 76065*

***Instructor- Lisa Ware, RYT
214.532.0776
instructor@yoga4love.net
www.yoga4love.net***