

## FREE YOGA CLASSES

---

<b>TIME</b>	<b>CLASS</b>
11:30am - 12:00pm	<b>Power Core Flow</b> <i>All levels</i>
12:15pm - 12:45pm	<b>Kids Yoga</b> <i>Ages 4-8</i>
1:00pm - 1:30pm	<b>Yin Yasa Flow</b> <i>All levels</i>
1:45pm - 2:15pm	<b>Yapana© Yoga</b> <i>All levels</i>
2:30pm - 3:00pm	<b>Vinyasa Flow</b> <i>All levels</i>
3:15pm - 3:45pm	<b>Restorative Yoga</b> <i>All levels</i>

## OTHER FUN & FREE STUFF!

---

<b>TIME</b>	<b>EVENT</b>
11:00am - 11:15am	<b>Ribbon Cutting with City Officials</b>
11:00am - 3:00pm	<b>Chair Massages</b>
12:00pm - 12:30pm & 2:15pm - 2:45pm	<b>Mini-Workshop: 10 Nutrition Misconceptions Busted</b> <i>Lara Zakaria</i>
1:00pm - 3:00pm	<b>Reiki Attunements</b>
3:45pm - 4:00pm	<b>Door Prize Drawing!</b>
All Day	<b>Mandala Coloring for Kids!</b>



@YogaNtheHeights



YogaInTheHeights



yogaintheheights