

# The Mindful Mat

RED LOTUS YOGA

**Saturday, May 16th**

2:30 - 4:30

\$90.00 Advanced registration

\$95.00 At the door

The exercises are simple, yet profound.

If you can breathe + stretch a little, you have everything you need to get more ease and happiness into your life.

Experience, Real  
Lasting Change

*Overcome the obstacles holding you back*

A supportive  
small group  
community experience  
that will transform you  
in unexpected ways.

Presented by:



RED LOTUS  
YOGA

**Red Lotus Yoga** in partnership with **Eva Mondor**,  
creator of *The Mondor Method*.

Co-taught by **Jonathan Mann** and **Bethany Perry**

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