

# the mindful mat

*A supportive small group community experience*

## EMBODY REAL, LASTING CHANGE

*Honor your past and unlock your future.*

DISCOVER HOW MOVEMENT  
IN YOUR BODY CREATES  
MOMENTUM IN YOUR LIFE.

The Mindful Mat blends the physical,  
mental, and spiritual to create lasting  
change.

Developed to be accessible to all ages,  
body types, and fitness levels, all that is  
needed is a yoga mat, comfy clothes and a  
basic ability to breathe and stretch.

*love your life, right where you are*

*//www.redlotusyoga.com//mondormethod.com//*

*join us*

**OCTOBER 3**

**2:30-4:30PM**

**RED LOTUS YOGA**

**ROCHESTER HILLS**

**248-601-9642**

**\$95 TO REGISTER**

**CALL**

**TO RESERVE YOUR SPOT!**