

# Black Friday Special...

## Restorative/Yin Yoga

### With Bethany



## Restorative and Yin Yoga

Join Bethany Perry as she guides you through a wonderful sequence of Restorative Yoga, to rejuvenate your soul...and Yin Yoga to help reach deeply into your body and release what is being held.

- ▶ Restore
- ▶ Relax
- ▶ Refresh
- ▶ \$15 (Special Pricing)

When: Friday November 27, 2015

Where: Red Lotus Yoga

Time: 12:00-1:30p.m.

Other: Please pre-register online at [redlotusyoga.com](http://redlotusyoga.com) or call