

Hot & Spicy Yoga

Saturday, November 20, 2010



Join us as Shaina turns up the heat for this vigorous, mixed levels Asana class. We'll celebrate the practice of yoga together with some good tunes and playful sequences guaranteed to be fun and, at times, challenging.

Stick around after class to share and enjoy each other's company as we feast on **Jewel in the Crown's** amazing Indian food.

Date & Time:

Saturday, November 20, 2010

5:15–6:30pm

Cost:

**\$15 drop-in (plus dinner \$10)
class included in membership**

Pre-registration and \$10 is required for dinner. BYOP (Bring your own plate)

For more information:

Contact Shaina at sdamm02@gmail.com



Yoga Center
of NEWBURYPORT

12 Maple Street Newburyport, MA 01950
978.463.4354 center@newburyportyoga.com

www.newburyportyoga.com