

Thanksgiving Day*

YOGA

Sweat Fest!

*Thursday, November 25th

in the Los Osos Fitness Gym Group Room

(The room will be warmed to 70 degrees, not hot)

1078 Los Osos Valley Road, next to Miner's

public welcome: just show up & enjoy!

10am to Noon

This will be a flow yoga practice with a good cool down for mental, physical, and emotional cleansing...preparation for your holiday

- Free-will offering -

Qs? JennyB. 234-7279

www.yogawave.us - or - jennyb.yogawave@gmail.com

I HOPE TO SEE YOU THERE!!