



BURN OFF THE TURKEY YOGA CLASSES

at **Simple Abundance Yoga**

Flow into Gratitude 9 to 10:15

w/Lamont

**Getting to the Core
of that Apple Pie 10:30 to 11:45**

w/wendy

**After the Shopping/Ballgame
Break Flow 2 to 3:15**

w/Lamont

To the Core of All Those Calories

3:30 to 4:45

w/wendy



<http://www.simpleabundanceyoga.com>