

September is National Yoga Month

Look what's happening
at Simple Abundance Yoga!



August 30 - September 5: Invite a friend to class with you (their **1st class is free**), and if they purchase a series, you receive a **FREE eye pillow!**

WE WILL BE CLOSED ON SATURDAY, SEPTEMBER 5TH We will be taking Caitlyn back to Wofford College.

We will be **OPEN** on **Labor Day** with extra classes! 9 to 10:15 **Morning Flow** w/Lamont, 10:30 to 11:45 **Core** w/wendy, 2 to 3:25 **Afternoon Fun Flow** w/wendy, 4 to 5:15 **Yes! You Can Yoga** w/wendy, 5:45 to 7 **Core** w/wendy

Glow While You Flow Black Light Yoga on **Friday, September 11th** from **8:00 to 9:15** (note earlier time) **Only \$5 per person.**

The women of SAY will go see the play, **Wit**, in Jonesborough on **Friday, September 18th**. Our very own Katy Rosolowski will be performing in her 3rd play at JRT. Let wendy know if you want to join the fun! Tickets may be purchased at the Jonesborough Visitor's Center.

Coming up on **Saturday, September 19th**, SAY will offer **FREE YOGA ALL DAY!** This is a great way to introduce friends and family to yoga for FREE! We hope you will join us! **Door Prizes** and other surprises all day!

Our **Advanced Yoga Workshop** is scheduled for **Saturday, September 26th** from **3 to 4:45**. Please pre-register no later than September 19th for this class.

September 30th is **National Women's Health & Fitness Day**. Any woman, new to the studio, may attend a class for **FREE**. Special treats all day!