

Upcoming Workshops & Special Classes at Simple Abundance Yoga

Black Light Yoga

Friday, August 7th 9 to 10:15 pm

\$5 per person

Advanced Yoga Class

Saturday, August 15th 11 to 12:45

(after Morning Flow class)

\$12 per person

For students who want a more challenging class
and have been practicing for 6 weeks or more

Couple's Yoga

Saturday, August 22nd 6 to 7:15 pm

\$18 per couple

Black Light Yoga

Friday, August 28th 8:30 to 9:45 pm

\$5 per person

September is National Yoga Month!

21 Day Yoga Challenge, Global Mala/Pray for Peace
International Day of Peace Events, Hike & Flow,
Black Light Yoga, and Yoga on the Farm!