




Mother's Day Vinyasa



Tuesday, May 5 • Noon-2 p.m • Fitness Center Support Site

Celebrate all mothers and mother figures with an afternoon that begins with guided Vinyasa yoga and segues into a social gathering.



The meditation and yoga class centers around growth, blooming and celebration of those important to us.

After the class, you may write a card to your Mother or another special person in your life and socialize. Beverages (“Mom-mosas”) will be available for \$4 a glass.*

*Must be at least of 18 years old to purchase or consume alcohol. Please drink responsibly.

No registration required.
For more information, call 081-811-6604 | DSN 629-6604.

