



SEPTEMBER IS NATIONAL YOGA MONTH

lucy

Join me for classes:

Gold Creek Tennis and Sports Club

M, W 6:15 pm

T, TH 10:15 am

Sat. 10:00 am

Lucy Store Redmond Town Center

F 9-3 4:00 pm

F 9-10 4:00 pm

T 9-14 4:00 pm

TH 9-23 4:00 pm

Take a yoga month challenge!

1. 30 Day Challenge—practice a little yoga (even 1 pose or 5 minutes of conscious breathing) every day of the month
2. 108 Challenge—use the sacred number 108 to create your challenge (repeat a personal mantra 108 times, Practice yoga for 108 minutes, try 108 poses...)

KRIS LOWE

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