

Happy Hour YOGA

FRIDAY EVENINGS

5:00 – 6:00 P.M.

A seven week drop-in series providing unique yoga opportunities each Friday night. Attend as many of these offerings as you wish, just show up in the RAC Mind Body Studio!

**Full Vinyasa (Handstand) Yoga
with Catherine**

Friday, January 4

Yin/Yoga Nidra with Shelley

Friday, January 11

An Hour of Power with Pamela

Friday, January 18

Black Light Yoga with Jessica & Ashlie

Friday, January 25

*Following Class, Happy Hour in the Deli Fridays 6:00 – 8:00 P.M.
Discounted Appetizers, Beer and Wine*

