



Yana Yoga

Winter Pampering Session December 18th @ Tsada

A little personal TLC goes a long way to keeping healthy bodies and cheerful spirits throughout the winter season.

Join this Yana Yoga Session for...

- 🌿 Ayurvedic Nutrition Tips - *Free sample spices!*
- 🌿 Body Care Highlights
- 🌿 Yoga Asanas
- 🌿 Grounding Meditation

What: Body Balancing Session

When: December 18, 2011

Where: Tsada Yoga

1409 S Lamar Street Loft #745

Dallas, TX 75215

Time: 1pm - 3:30pm

Other: All materials are provided. Please wear comfortable clothing. \$35 Cash or Check.

RSVP at www.tsadayogadallas.com, via email to barb@tsadayoga.com or call 214-616-2450.