

# DAILY PRACTICE CLASS

Have you always wanted to start your day with yoga? Now you can! Join Kelly for a shava-sana and guided breathing practice, spinal sequence and meditation during the auspicious early morning hours. Discover the differences you can create in your day and your life with this structured and supported daily practice sequence. See you there!!

**Tuesdays and Thursday mornings  
6:00—7:00AM**

**September 15/17 to..  
October 20/22**

**\$90 for one class a week  
\$150 for both classes a week  
\$15 per class—dropping in welcome!**

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