

M3 = MUSIC MOVEMENT MEDITATION



**FRI. FEBRUARY 1ST, \$20
7:00PM to 9:00PM**

TRANSFORMATION

It's our 2 Year Anniversary Celebration! So to kick things off...
Come spend an evening with Portland Power Yoga's own in-house
DJ Dr. Savasana, ably assisted by **Soul Surgeon**. He's put together
a mix of music to rock your body, open your heart and energize your spirit!
This is not aerobics or jazzercise, it's a special asana practice with music
to enhance and move your soul!

This yoga class
will include an extended savasana
and end with a short meditation.

Light refreshments and free giveaways will follow after the class.

To join us for a fun filled night of asana, music and flow,
sign up in person, online at www.portlandpoweryoga.com
or call 761.HEAT(4328)



PORTLAND POWER YOGA

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