



NAMASTE
Liberty Athletic Club



Flight of Yoga

to Live Music

Friday, September 27th
6:00pm-8:00pm

Complimentary Members Only Event

Ages 21-up | Registration Required | Space is Limited

24-Hour Cancellation Policy • Cancellation Fee \$25
Childcare will be available with a reservation from 5:45pm-8:00pm

Join us for a multilevel yoga sampler class featuring live music by the Rob Crozier Duo.

Instructors will alternate leading the class and demonstrating poses at various levels, exposing participants to a variety of yoga and instructional styles.

The Flight of Yoga is 75 minutes in length and will be followed by a wine and cheese reception.

