

New Year. New ZEN.

Open to the
Public!

Jan. 19

2-3:30 p.m.

POWER Yoga

Jan. 26

2-3:30 p.m.

Relax and Restore Yoga



Start the New Year off right, by getting your mind, body and spirit a super charge!



10920 Baymeadows Road
Jacksonville, FL 32256

Healthy beverages and foods will be provided, and access to excellent community wellness resources.

Cost:

\$10 per class (save \$8!)

\$3 Mat rental or bring your own!

Register today!

1. Visit hotspotpoweryoga.com
2. Click WORKSHOPS
3. Select BAYMEADOWS WORKSHOPS
4. Select your preferred Junior League session date/time
5. Click register

Funds raised benefit the:

 JUNIOR LEAGUE OF
JACKSONVILLE