

Inner Bliss

www.innrbliissstudio.com

September-October 2017

5 Day FREE online yoga and meditation challenge starts on 9/18/2017

No classes from September 1-4 2017

Sun	Mon	Tues	Wed	Thu	Fri	Sat
	9:00 am-10:00 am Yoga for Strength and Balance	9:00 am-10:00 am Yoga for Back/Neck Pain	9:00 am-10:00 am Yoga for Strength and Balance	9:00 am-10:00 am Yoga for Back/Neck Pain		
	10:15 am-10:45 am Meditation	10:15 am-10:45 am Meditation	10:15 am-10:45 am Meditation	10:15 am-10:45 am Meditation		
	11:00 am-12:00 am Yoga for Back/Neck Pain	11:00 am-12:00 am Restorative/ Yin Yoga	11:00 am-12:00 am Yoga for Back/Neck Pain	11:00 am-12:00 am Restorative/ Yin Yoga		
	12:15 pm-12:45 pm Meditation	12:15 pm-12:45 pm Meditation	12:15 pm-12:45 pm Meditation	12:15 pm-12:45 pm Meditation		

Rates: (\$5.00 off your first class)

Yoga: \$15.00 per class, \$120.00 per month for unlimited classes

Meditation: \$10.00 per class, \$80.00 per month for unlimited classes

All classes are taught by Anjali Gadre, PT, LMT, RYT-200 (founder of Inner Bliss)

Address: 25420 Kuykendahl Rd, Suite F 600, The Woodlands, TX 77375

(832) 610-5564