

MOTHER ♥ DAUGHTER PARTY



BEYOND ZEN
YOGA & WELLNESS



Your Health



Shared
10
WELLNESS & FITNESS



Rejuvenation Yoga
Salad in a Jar

MONDAY MAY 14 6PM



6 pm Build a Salad in a Jar
6:30 pm One Simple Change
7 pm Rejuvenation Yoga
Bring 2 salad toppings to share,
1 jar to build your salad to take home,
enjoy a salad followed by FREE Yoga

RSVP (574) 387-3691 Beyond Zen Studio 318 Toscana Blvd Granger, IN