

ATLANTA HOT YOGA: {promoting, sustaining health & wellbeing}

Atlanta HOT
Yoga

30 DAY YOGA CHALLENGE

2:00 - 4:00 PM
September
02. 2013
{ Labor Day }

{ receive }
Rx
{ receiver }

\$30

featuring

MERYL ARNETT

{ Rx } Receive expert guidance from Meryl Arnett (200 RYT) on how to prepare & maintain a consistent 30 DAY YOGA practice with strength, positivity & ease. During this 2-Hour workshop/lecture combination you will master the methods and benefits of proper hydration & nutrition, sound postural alignment & muscle fatigue prevention and care.

Embrace transformation like you've never known it before and join Meryl to equip you with the tools necessary to achieve your mission. **It starts on the mat**. September 2, 2013 at 2:00PM.

Preparing for Your Atlanta Hot Yoga **30 Day Yoga Challenge.**

REGISTER TODAY @ ATLHOTYOGA.COM. For More Information visit us at Facebook & Twitter