



**SPEND THIS MOTHER'S DAY DOING
SOMETHING MOM LOVES ... YOGA WITH YOU!**

**JOIN JACKLYN AND HER MOTHER FOR A FREE YOGA CLASS
THIS MOTHER'S DAY, MAY 13 AT 12:00 PM.**

**THIS HOUR YOGA CLASS WILL CONSIST OF TRADITIONAL
HATHA YOGA WITH SOME PARTNER POSES TO HAVE A LITTLE
FUN, FOLLOWED BY A RELAXING SAVASANA.**

WHAT YOU'LL NEED: A MAT AND YOUR MOM.

**MEMBERS AND GUESTS WELCOME. MUST REGISTER WITH
MEMBER SERVICES.**

**FOR ANY QUESTIONS, PLEASE CONTACT JACKLYN, THE
BEYOGA DIRECTOR, AT BEYOGA@SPA23.COM.**

PLEASE ONLY CHILDREN AND PARENTS. MOTHER MUST BE PRESENT.