

AERIAL YOGA March 20th, 2019

You are invited to join us for “AERIAL YOGA with Laura Granado” on Wednesday, March 20 at 11 am until Noon (Note the time change from previously communicated).

We are welcome to hang around the studio for awhile after the aerial class.



Experience Aerial Yoga on black silks hanging from the ceiling! Feel like you are floating on air while being supported above your mat in yoga silks. Imagine holding poses you never thought possible with grace and stability. Beginner's welcome! HI FI Yoga is a dynamic, boutique yoga experience, with great music to inspire you! Are you up for 2 classes? You are also welcome to join the 9:30 class, but there is a drop in fee payable directly to the studio.

Hi FI Yoga is located at 7900 Mason Montgomery Rd, Mason, OH 45040

RSVP & Cost: Please RSVP by March 18th to Rose Lambert at lambert.rb@gmail.com to reserve your spot. There is no charge to attend the session, however, we would appreciate a contribution of \$15 per person to enable us to make a donation or buy a gift for our presenters, payable to Laura discreetly at the session. There are a limited number of spots available, as each person is nested in their own silk suspended from the ceiling. Reserve early!

April & May PGITI Health & Wellness dates are to be determined depending on Laura's busy teaching schedule, but will likely be held on MONDAYS at 11 am. Watch the Newsletter for details.