

PGITI Health & Wellness Group Invitation



Join us for a YOGA Class!

- When:** Wednesday, December 11, 2019
- Time:** 11:15 am - 12:15 pm
- RSVP:** By December 9th to lambert.rb@gmail.com
- Cost:** \$10 Donation
- Where:** HiFi Yoga located at 7900 Mason
Montgomery Rd. Mason, Oh.

ALL are welcome, even if you've never done yoga before!

Our teacher will be PGITI's own amazing Laura Granado! By training, she is an Industrial Engineer, on a sabbatical for now, full time mother, Yoga instructor and Flamenco dancer -with impressive credentials! She is generously donating her time to share her yoga practice with us.

Please RSVP to Rose Lambert via email above by Monday, December 9th to reserve your spot. There is a small charge to attend the session, payable at the session. This covers the cost to rent the studio and for a small gift for our presenter. Bring your mat, or let us know if you need one.

Laura invites you to unroll your mat, listen to your breath and calm your mind to bring a sense of serenity into your life...Please join us!