



Summer Specials

Unlimited yoga classes one month \$40
(Reg \$140) *One-time offer, new clients.*

Four One-hour Personal Yoga Sessions
\$270 (Reg \$300)

*Excellent combo to keep
active bodies at peak
performance and go
beyond goals!*



Pop-Up Yoga Classes Sneak Peek Deal

Four Classes \$60 (\$15 Each) | Single \$20
Included in Unlimited Yoga

Achy feet? ~ Mon Jul 9th 7-8AM

Quick and long-term relief. Feel muscles you didn't know you had!

Sore No More! ~ Mon Jul 23rd 7-8AM

Improve overall body and mind pliability. Get ready to sleep better!

Neck and Shoulders ~ Mon Aug 6th 7-8AM

Freedom from pain and tension. You'll feel lighter & younger!

Core Galore ~ Mon Aug 20th 7-8AM

Goodbye bloating, while you improve balance and relieve anxiety!

HARMONIOUS SELF:

15% off any of the following:

- **One Reiki Session**
- **One AromaTouch Therapy Session**
- **One Private Guided Imagery Meditation Session**

NOTE: Can purchase more than one session at the discounted rate.

Contact Bonnie Zaman
Harmonious.Self@Yahoo.com
860-944-1688

Offers Expire June 30, 2018 cannot be combined with other discounts. Must be scheduled by Sept 30, 2018

YogaBorn.com • South Windsor • (860) 432-5678
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