

Sunday, June 27th
Sunday, July 25th
Sunday August 29th

6:00-8:30am
Root Whole Body
2526 NE 15th Ave
288-7668



Shaney Aalbers invites you to indulge in a 2.5 hour yoga practice. In the midst of summer's busy schedule and family events, celebrate the opportunity to commit to rise and shine with the day's beginning.



Your mini-retreat each month

Experience a well-rounded, 360-degree yoga practice that will allow for generous amounts of time dedicated to Asana, Pranayama, Meditation and Savasana.



**\$40 per Sunday
\$35/ea for all three**

Advance registration required, limited to 20 participants & recommended for those who have a regular yoga practice.

with shaney aalbers

summer's last sundays

