



HIP OPENERS & ARM BALANCES

Join Certified Anusara Yoga teacher, Scotta Brady E-RYT 500 for a playful afternoon of hip opening postures and arm balances for some fun, laughter and flight!

Butterfly Yoga ☯ 3025 N. State St. ☯ Jackson, MS 39216 ☯ www.butterflyyoga.net



date	location	time	cost
4/11/09	BUTTERFLY YOGA	12-2 PM	\$25