

# M Y N A Y O G A

A MINDFULNESS STUDIO



## REJUVENATE, STIMULATE, AND OFFER YOUR BODY A DEEP CLEANSING STRETCH



Morning, lunchtime, and evening classes available. \$16 per class or \$35 for a New Student Special (unlimited classes for the first month).

**Your first class is free with promo code: STARTMYNA**

To book, visit [mynayoga.com/schedule](https://mynayoga.com/schedule).

For more information or questions, email [maheen@mynayoga.com](mailto:maheen@mynayoga.com)



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