

# YOGA BARRE

## August Newsletter

Happy August, Yogis! We have a few things going on in August at the studio that we wanted to let you know about. First, it is "National Relaxation Day" on August 15th, so why not do some yoga on the Brewhall's patio and enjoy 1/2 a pint afterward. It's also the last Rhythm on the Rails, so it's a perfect way to kick off the night. Also, on the 20th, bring yourself and a friend or two to the FREE Intro to Yoga Class. This will be the perfect time to get that friend here who has been making excuse after excuse about why she or he is not able to do yoga. Lastly, take our quick survey about adding a Sunday morning class to the schedule!

- The Yoga Barre Team

**8/15/18**

**National Relaxation Day**

**Yoga 5:15pm**

**\$10**

**Shakopee Brewhall Patio**

**1/2 off Pint after class**

**8/20/18**

**FREE Intro to Yoga Class**

**7:30-8:45pm**

**Here is the link to the Sunday class survey:**

<https://goo.gl/forms/ARnIjXhznkK3K9bt2>