



September is National Yoga Month!

Download your free week of yoga pass* to Zenergy Yoga at www.yogamonth.org

✂✂✂ Upcoming Yoga Month Events at Zenergy Yoga ✂✂✂

Friday, September 3 from 9:00-10:00 am

FREE CLASS: "Morning Cup of Yoga" with Ali Kamen, Owner of Zenergy Yoga

Lucy at Kierland Commons call 480-948-5285 or store_kierland@lucy.com to reserve your spot

Friday, September 10 from 5:30-6:30 pm

Karma Yoga All Levels class With Danielle Gardner at Zenergy Yoga

This class is open to the community and only \$5 donation to attend; bring a friend!

Saturday, September 11 from 1:30-3:00 pm

Core Foundation with Ryan Besler and Stephanie Dempsey

Awaken your core and learn to move with a sense of lightness and ease

Donation only to www.kurmalliance.com to help save the sea turtles and endangered wildlife of the Gulf

Friday, September 17 from 5:30-6:30 pm

Karma Yoga All Levels class open to the community with Danielle Gardner at Zenergy Yoga

Only \$5 donation to attend

Sunday, September 19 from 2:00-3:00 pm

Intro to Yoga with Ali Kamen, Owner of Zenergy Yoga

This class is geared for beginners and designed to introduce the key fundamentals of a yoga class.

Register by emailing ali@zenergyyoga.net

✂✂✂ Visit www.zenergyyoga.net for details on the above events. ✂✂✂

*Free week of yoga pass is for new and local students only

