



YOGA MEET & GREET

Saturday, February 8, 2025

10AM-12PM



\$5 admission / Live Demo at 11 AM

You are invited to a Yoga Meet & Greet event with instructor, Christina Cantu! This is your chance to meet Christina, connect with neighbors, and explore the incredible benefits yoga offers for your body and mind.

Enjoy afternoon zen as Christina introduces her unique styles, answers your questions, and shares tips for yogis of all levels. Don't miss her live demo session at 11 AM—a perfect opportunity to experience her approach, learn some basics, or pick up new techniques.

So, grab your mat, bring a friend, and join us for a relaxing, energizing morning of connection and inspiration!

CONNECT WITH US

 customerservice@playmyhoa.com

 www.playmyhoa.com/locations/brookfieldontarioranch

561-849-4636