



YOGA MEET & GREET

DECEMBER 7, 2024



JOIN US AT THE LOOKOUT!

Come meet Alexis Cate at Tributary's FREE Yoga Meet & Greet! Whether you're new to yoga or a seasoned practitioner, this is the perfect chance to experience Alexis's unique approach to yoga, meet fellow residents, and explore the physical and mental benefits of a regular practice.

Alexis will be on hand to share insights into her teaching style and answer any questions you may have. At 10:00 AM, she will guide you through a live demonstration, allowing you to see and feel her methods firsthand. It's a fantastic opportunity to try something new, refine your practice, or simply enjoy a peaceful and rejuvenating start to your day.

Don't forget to bring your mat, wear comfortable clothing, and feel free to bring along a friend! We can't wait to meet you and share this uplifting experience together.

**THE FIRST 20 ATTENDEES WILL RECEIVE A
FREE TRIBUTARY BRANDED WATER BOTTLE!**

FREE ADMISSION

9AM-11AM | LIVE DEMO AT 10 AM

PLEASE PRE-REGISTER AT
WWW.PLAYMYHOA.COM/TRIBUTARY