



A Day of Workshops

A one of a kind, fun-based learning experience:
“Avoid Tricks & Make Treats”

Join us for a monthly, themed, donation-based event where interested folks can learn from uniquely talented individuals who want to share their passions with you.

Saturday, October 14, 2017 8am to 6pm
The Yoga Sanctuary at Family Fitness
4800 HWY 281 N, 78070

We have made this event to create a positive environment for discovering neat things with clever people. Let us gather and share what we love about the lives we live, and discover a new passion along the way. Open to anyone who wants to take time for themselves and cultivate useful skills in a communal learning space.

October is the beginning of the holiday season where things can get a little crazy, so take a break and participate in one or all of the classes offered. Donations are encouraged to help support the continuation of this monthly event.

Schedule:

- Silent Seated Meditation (8-845am)
- Yoga with a KICK (9-950am)
- Self Defense Basics w/ Jeff Bonugli (10-1130am)
- Seasonal Snacks How- To (1145-1230pm)
- Journal Making Tutorial (1-215pm)
- Let's Talk about Stress (230-345pm)
- Yoga Nidra (4-445pm)
- Wine Tasting for a Cause: Benefiting Port Aransas (5-6pm)

More information about each class can be found at the front desk and on our website.
Plan to attend? Sign up at the front desk so our instructors will know to expect you!