



part of the
Inner Vision Yoga Ahwatukee's
grand opening celebration!

march 25, 2017
1:30 - 2:45p



SOUL FLOW

“a donation based class”

Join Diane Hastings at Inner Vision Yoga for a soulful 75 minute flow, with a hint of “yin for peace” to support traumatic brain injury (TBI) recovery. All proceeds from this class will go to the **Love Your Brain Foundation, which provides affordable and accessible yoga and meditation classes for TBI community members.**

www.loveyourbrain.com
www.innervisionyoga.com