



HOUSTON IYENGAR
YOGA
S • T • U • D • I • O

SPRING STREET STUDIOS | 1824 Spring Street #207 | Houston, TX 77007 | www.houstoniyengaryogastudio.com

FREE INTRODUCTORY CLASSES

will be held in our studio the week of Sept. 2–6, 2023

PLEASE ARRIVE 15 MINUTES EARLY

Saturday, Sept. 2	10:30am–noon	Level I	Jimena
Monday, Sept. 4	11am–12:30pm	50+	Constance
Wednesday, Sept. 6	11am–12:30pm	Level I	Constance
Wednesday, Sept. 6	6–7:30pm	Level I	Constance

Please come 15 minutes early.

The front doors automatically lock at 6pm.

To register, email Constance: constancebraden@mac.com

Register for as many classes as you like.