

You're Invited to
Grand Opening Celebration
November 13-16, 2017



Blue Horizons Wellness

Yoga • Movement • Meditation • Breath • Inspiration

and



S.R.M.

Schneider Risk Management



Each day we are offering **Free Classes** when you bring in a donation for **Every Woman's Place**.

Monday - 11/13

- Hatha class with a short What is yoga? talk @ 4 pm with Vicki
- Ashtanga Class and short Yoga talk with Melissa O. at 5:30 pm
- Guided meditation and quick talk about meditation at 7:30 pm with Vicki

Tuesday - 11/14

- Henna Tattoos from 3:30 pm till 7:30 pm with Mabel (before and after classes)
- Vinyasa Class and short Yoga talk with Jane Donnelly at 4:00 pm
- Breathing class with Lindsay Balgooyen at 6 pm
- Candlelight yoga at 7:30 pm with Vicki

Wednesday - 11/15

- Move & Meditate at 4 pm with Vicki
- Veterans Class at 5:30 pm with Vicki
- Yoga Class with Jo Johnson at 7:30 pm

Thursday - 11/16

- Open House 4:00 - 7:00 pm
- Ribbon Cutting at 4:30 pm
- 4:30 - 5:30 Meet Kristen - Designer of Peace Tree Tees!
- Food and beverage until 7:00 pm
- Caricatures with Mabel
- Event closing ceremony and candy meditation with Vicki at 6:30 pm

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