

YOUR NAME:

Awakening Energy Flow	Functio <mark>nal</mark> Strength	Heated Power Flow
Breathe + Release	Chakra Flow	Lift + Align
Lymphatic Aerial Flow	Hot Pilates	QiGong
Somatics + Sound	Relax + Release	Lympatic Flow

COMPLETE EACH CLASS AND WIN A \$30 GIFT CARD! VALID THROUGH NOV 30TH. ONE BINGO CARD AND PRIZE PER GUEST.