

Afternoon Yoga

with Keva



Afternoon Yoga with Keva is an intimate gathering that meets on Saturday afternoons. During these semi-private yoga sessions, we use yoga postures, conscious breathing, meditation, vocal toning and ancient spiritual wisdom to neutralize stress, strengthen the body, increase flexibility, relax the mind and free the spirit. The yoga session will last for 75 minutes. Tea is served at the end of each class! Afternoon Yoga is suitable for both beginner and experienced yoga students. Space is limited! Contact Keva to reserve your spot today!

What to Wear: Please wear comfortable clothing that is NOT baggy!

What to Bring: A water bottle filled with water, a yoga mat and blanket

Where: Grand Prairie, TX (*the address of the location will be revealed those who complete the registration process*)

When: Saturdays, August 30 and September 13, 20

Cost: \$10 per class

What Time: 12pm-1:15pm

How to Register: Send Keva an email at KevaLartridgeMack.com/contact.html

Additional Information: Please do not eat a heavy meal within 2 hours of the beginning of class. If you must eat, soups, fruits, white rice or vegetables are a good choice! This event is for women only! Feel free to bring your favorite mug from home to enjoy tea with us!

Your Instructor: Keva Lartridge-Mack is a natural wellness expert and spiritual growth specialist who uses Hatha yoga, meditation, bellydance, movement, natural wellness and spirituality to assist her client in creating happier, healthier and more empowered lives. Keva has been a student of Hatha yoga since 1996 and a teacher since 1999. Visit her website at KevaLartridgeMack.com for more information on her and the natural wellness and spiritual growth services she provides.

