



EVERGREEN™

HARVEST SERIES

Celebrate the Season with Yoga in the Fresh Fall Air

Saturday, September 20th

Join us for a refreshing outdoor yoga experience as we embrace the beauty of the harvest season. Classes are designed for all levels, from beginners to seasoned yogis.

Class Schedule:

- Vinyasa Yoga: 9:00 AM – 10:00 AM
- A flowing, dynamic practice to wake up your body and mind.
- Yin Yoga: 10:00 AM – 11:00 AM
- A slower, meditative class focused on deep stretching and relaxation.

Why Join Us:

- Enjoy yoga in the fresh fall air surrounded by nature
- Connect with your community in a relaxed, welcoming environment
- Take time for self-care and mindfulness

All levels welcome! Join for one class or stay for both.

What to Bring:

-  Yoga mat
-  Water bottle
-  Comfortable clothing



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