

# GALENTINE'S DAY YOGA

SANDY PAUSE YOGA

DIG THE DUNES

UPTOWN SOCIAL

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## SUNDAY FEBRUARY 9

11:00 AM - 1:00 PM

### \$50

INCLUDES 1 GLASS OF WINE, FOOD, TAX & GRATUITY

Join Dig the Dunes and Sandy Pause Yoga for our 4th annual Galentine's Day event! Head down to Uptown Social in Michigan City to celebrate female friendships with new and old galpals. We'll enjoy a playful all-levels yoga class for an easy-like-Sunday-morning feeling in body and breath. Beginner students are welcome!

After class, sit back, relax and socialize in the sisterhood in Uptown Social's beautiful ballroom. We will provide all the essentials including vino, light bites, chocolate and fun giveaways. All students will need to sign an Acknowledgment of Risk form to participate in this class.

Please bring a yoga or exercise mat to use at this event.

Space is limited to 30 people. 21 and over.