

you're  
invited  
to



# namasDAY

Thursday, September 22

Join us as we party with exhale to celebrate National Yoga Month and the relaunch of their yoga program with **namasDAY**. On Thursday, September 22, exhale will be opening their studio doors for a full day of complimentary yoga classes. The fun will continue into the evening as we shake our asanas with an unforgettable yoga bash. Expect live music, light bites, beverages, goodie bags, giveaways, and more!

Sign up now and spread the word! This is one downward dog day that's not to be missed. Go to [exhalespa.com/NamasDAY](http://exhalespa.com/NamasDAY) for more information.



Sponsored by