

# 3M Yoga

## Movement, Music, and Meditation



### 3M Yoga

is a fun and educational class where yoga flows, live and recorded music, meditation, and deep relaxation are shared and experienced.

- **Tuesdays from 7:00pm - 8:15 PM**
- **YogaChelan Studios, 116 N. Sanders St**
- **“Pay What You Can” Pricing.**  
**Support Guru Dan’s passion for yoga and life!**
- **For more information, visit,**  
**[www.yogachelan.com](http://www.yogachelan.com)**



Come try something new and refreshing to the mind and the body. Nothing special is required but a sense of adventure.