



Attract. Develop. Advance.

**WOMEN IN INSURANCE & FINANCIAL SERVICES (WIFS)
CENTRAL MARYLAND CHAPTER**

www.wifsmaryland.com



Wind down for an evening of live yoga with WIFS. Whether you're new to the mat or an experienced yogi, join us for an **ALIGNMENT & FLOW CLASS**.

See how **YOGA** can provide incredible health benefits, build strength, restore flexibility and help unite the body, mind and spirit.

Where: Truth, Mind & Body

Address: 10 Fila Way, Suite I Sparks, Maryland 21152

phone: 443.595.8038

Email: info@truthmindbody.com

Time: arrive at 6:00pm for a 6:15- 7:30 class **Instructor: Farrah Yaspe**

Here's the link to enroll directly at Truth Mind & Body - Reserve by Friday July 13th mention part of WIFS group. Cost is \$15.

Go to:

<http://truthmindbody.com/>

Choose "Book Now" – upper left corner above Truth Mind Body logo

Click on "Yoga" – ignore the sign in dialog box this time

Use the calendar to locate Monday 7/16 class schedule

Click on "Sign Up Now" for the 6:15 pm class – Alignment & Flow – Farrah Yaspe (instructor) [Monday](#),

Dinner after

California Pizza Kitchen at Hunt Valley Town Center

[Hunt Valley Towne Centre](#)

118 Shawan Rd., Ste. FF, Hunt Valley, MD 21030

Phone: (410) 785-3336

https://locations.cpk.com/ll/US/MD/Hunt-Valley/118-Shawan-Rd *-Ste -FF