

JACKIE KOLD

FITNESS AND YOGA

ENERGY • BALANCE • STRENGTH

Cordially invites you and the special girl in your life age 8 and up to...

Two Hearts Yoga Workshop **Sunday, Feb. 12th, 2-3:00pm**

Cost: \$35
per couple



OPEN TO: Moms and Daughters, Grandmas and Granddaughters, Aunts and Nieces or any woman with a special girl in her life that wants to experience the love of yoga and partner poses together!

Workshop Held at: Jackie Kold Fitness and Yoga
5N201 Shady Oaks Court, St. Charles, IL.

Please R.S.V.P. **by Feb. 7th** to Yoga Instructor Jackie Kold at jkurfit@sbcglobal.net or call Jackie at 630-584-2254.

Pre-payment and registration is required. Workshop is limited to just 7 couples.

Don't miss out, you'll both LOVE it!