

30 classes. 30 days. Life changing!



30 Day Yoga Challenge
January 14-February 12

Registration: \$129

Member Registration: \$35

(Includes unlimited yoga from Jan. 14-Feb. 12)

Join our 30-Day Yoga Challenge and notice a difference in your stress level, energy level and jeans size by Valentine's Day! To participate, simply sign up online and take 30 classes (any type) at Yoga 4 You from January 14-February 12 and experience the life changing effects on your body, mind and spirit. In addition to feeling and looking great, those who successfully complete the challenge will receive a very special Y4Y 30-Day Challenger sweatshirt.

Visit DoYoga4you.com to Register Today!