

YO HO HO CHARITY EVENT

Sunday, December 6, 5:45-7:00pm

Benefiting the SafeHaven of Tarrant County
(SafeHaven's mission is to end domestic violence through
safety, support, prevention & social change)

Please join us as we partake in a gentle and restorative yoga class to refresh our holiday spirit. This class will focus on stress relief and breath work while utilizing poses in which tension, tightness, and discomfort melt from the body. The class will wrap up with an inspiring meditation to bring about calmness of the mind and peace within the heart. Class is open to all levels. Instructed by Gemma Hobbs & Miranda Davis.

Suggested donation: \$20

Cash or check payable to: **SAFEHAVEN OF TARRANT COUNTY**

Donations made by those unable attend this event are truly appreciated!

Event location: Energy Fitness

1812 N. Forest Park Blvd.

Fort Worth, TX 76107

For more info visit the web: www.1perfectfit.com or email Miranda@1perfectfit.com