

RUNNER'S EDGE YOGA DISCOUNT!

Come balance your runs with a Vinyasa style of yoga, tailored to help restore the muscles from training, increase flexibility and improve upper body strength. Special attention will be given to hip opening poses, hamstring lengthening and core supported postures.

Please fill in the information below and join us at:

Jiva Studio
6900 W 80th Street
Overland Park, KS 66204
www.jivastudio.net

**Mondays 7:30-8:30pm or Thursdays 6:30-7:30pm
Come either night!**

Once a week = \$34.00

Twice a week = \$68.00

OR

**Purchase our studio 10-class package
with a 2 month expiration for just \$80!**

Contact information:

Name _____

Address _____ City/State/Zip _____

Contact number: _____

Email: _____

**Please mail registration and payment to the address below
by the first of the month to receive the discount.**

*Jiva Studio c/o Lindsay Wuttke
136 Janell Drive
Olathe, Kansas 66061*

