



avani yoga

relax. renew. transform.

Presents...

Living Soundtrack Yoga

Friday February 17th 2012 at 7pm

Join Scott Adelman and Rich Maisel for an evening of Yoga and Live Music.

Drawing on synergistic vibrational inspiration from the participant, award-winning composer, performer and yogi Rich Maisel creates an original, unique living soundtrack for every class.

At least once a month Avani Yoga will be offering a Living Soundtrack Yoga class as a way to say thank you for your support. These classes are FREE for both members and non-members alike.

So bring a friend and come out and join us for a wonderful way to end your week!



Highland Park Hospital
Health and Fitness Center®
in Buffalo Grove