

KARUNTA YOGA

(Ropes Yoga)



Join **Bethany Perry** for an intro to **Karunta Yoga** (Ropes Yoga) in Studio C at Red Lotus Yoga Rochester.

Free Demonstrations:
Wed. March 29 at 5:45 p.m.
Thurs. March 30 at 11:00 a.m.
Sun. April 2 at 12:00 p.m.

Six Week Sessions start
Tuesday April 11, 5:-6:30 p.m
Wednesday April 12 6-7:30 p.m

Cost: \$150 for a six week session.
Limit 6 People per class. Prepayment required.

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