

# Celebrate Yoga Day USA at Grow Yoga

FREE YOGA ALL DAY • January 23, 2010

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|---------------|-------------------|
| 8:30-9:30am   | Hatha Level 2     |
| 10:00-11:15am | Vinyasa Level 2-3 |
| 11:45-1:00pm  | Hatha Beginner    |
| 1:30-2:30pm   | Ashtanga Beginner |
| 3:00-4:00pm   | Hatha Flow        |



Plus live Music, Raffles, and Door Prizes!

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Call ahead to reserve your space (614) 487-YOGA

1780 W. 5th Avenue Columbus, Ohio 43212  
[www.growyogacolumbus.com](http://www.growyogacolumbus.com)