

Facial Yoga

With Sumya Anani

- **Saturday, July 17**
- **Saturday, August 21**
- **Saturday, September 25**

12:30 – 1:30PM



You do yoga for your body and see results.

Experience a yoga class for your neck and face.

Stress can take a toll on the delicate muscles of the face and neck, adding years to your life. Facial muscles benefit from exercise just like any other muscle. Come and re-energize and lift your face, naturally.

After the facial yoga workout, we'll let the exfoliating and moisturizing effects of a mask enhance the experience in savasana.

**Bring clean skin, hand towel, and happy smiling face.
Leave with a pampered face.**

\$15 early registration

\$20 drop-in (day-of)

11711 College Blvd, Overland Park, KS 66211 (913)498.1144; www.darlingyoga.com; info@darlingyoga.com

Facial Yoga Registration Form:

July 17 August 21 September 25

Name: _____

Cash Check Credit (circle one)

Card No: _____

Exp Date: _____

OR: Call: 913-498-1144; Email: info@darlingyoga.com