



RENEW YOGA  
“**VINYASA AT THE SUNFLOWER CENTER**”

Dates and times of classes offered by  
RENEW YOGA & OM KIDS YOGA

To be held in the Yin - Yang rooms  
DONATION based classes  
(ALL classes are on Sundays 11:00 - 12Noon)

January 8th *Vinyasa Flow* w/Pamela Maldonado

February 5th **Family Yoga & Story Hour** w/Amy Wolff

March 11th *Vinyasa Flow* w/Pamela Maldonado

April 1st **Family Yoga & Story Hour** w/Amy Wolff

May 13th *Vinyasa Flow* w/Pamela Maldonado

June 3rd **Family Yoga & Story Hour** w/Amy Wolff

July 8th *Vinyasa Flow* w/Pamela Maldonado

August 5th **Family Yoga & Story Hour** w/Amy Wolff

September 9th *Vinyasa Flow* w/Pamela Maldonado

October 7th **Family Yoga & Story Hour** w/Amy Wolff

November 11th *Vinyasa Flow* w/Pamela Maldonado

December 2nd **Family Yoga & Story Hour** w/Amy Wolff

We are extremely please and excited to be having these Community donation based classes at the Sunflower Center. **Please make plans to join us for lunch afterwards.**

Lydia's Organic, Vegan, Gluten Free menu is amazing.  
You WILL make it your favorite NEW restaurant.