



Wine and yoga event

Saturdays, August 26 and September 16
1:45-4 p.m.

\$15 in advance/\$18 at the door

Yoga
before wine ...
you'll be fine

Registration:
1:45-2 p.m.

Yoga:

2-3 p.m.

Wine tasting:
3-4 p.m.



Enjoy an hour of yoga
with Ann Chihak Poff, E-RYT 200
After yoga, we will taste
four wines from Hip Chicks Do Wine

For more information, you can e-mail:
winegoddess@hipchicksdowine.com or ann@gofitgirl.com
or visit hipchicksdowine.com (where you can also buy tickets)



Please wear comfortable clothing
and bring a yoga mat