

Wine, Body & Spirit



Friday, September 17th from 7:30 pm–10:00 pm at the beautiful new location of the Red Lotus Yoga Studio, 1900 S. Livernois Road, Rochester Hills where yoga is for everyBODY.

Whether you can touch your toes or even see them, you'll experience yoga in a warm and inviting way. Brian Granader, owner of Red Lotus Yoga will show you how to receive yoga's full benefits so you can create real change in your life, your body and your mind

After burning up all those calories, enjoy an impressive selection of imported wines & cheeses, along with assorted crackers, chocolate fondue with fresh fruits and other decadent treats to uplift your spirits.

\$17.00 members; \$20.00 non-members. Reservations required at www.successfullysingle.org or call 248-289-6406. All ages welcome. Wear workout clothes.



RED LOTUS
YOGA