

*A yoga class with
individual attention!*



Cairn
yoga & wellness studio

101 East Robinson Street, Knoxville

Adamantine® Yoga Immersion

A 4-week introduction to a life-changing style of yoga. Strengthen & lengthen your body & quiet your mind while taking personal responsibility for learning a sequence of basic yoga postures.

Mondays

April 9 - 30

6:00 - 7:15 PM

\$100



www.CSYogaFitness.com/contact

515.708.1337