

Mind Body Vinyasa

Saturdays 10 - 11 am

Donation-Based Class

Pay what you can. Suggested donation \$10 - \$20.
You may use your Mind Body Knox class pack or membership.

Beginner Friendly

All levels welcome, including those brand new to yoga.
We have extra mats if you do not own one. Just bring your water bottle.

Sequoiah Hills Park

Meet in the 3rd parking lot on the left where the restrooms are located

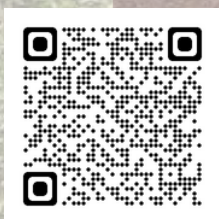
In the event of inclement weather, class will meet at Mind Body Knox.
2202 Award Winning Way, Suite 101, Knoxville. Check social media for updates



Reserve your spot online!

Connect with us,
read more about class,
see discounted class packs,
& more

mindbodyknox.com



Theresa Kitts, RYT 200

