

YOGA WORKSHOP FOR **MINDFUL OF THE MILITARY DAY**

SATURDAY, MAY 7

1:30–3:30PM

VIDA FITNESS AT THE YARDS

WITH LEADERS OF THE DC NON-PROFIT
ORGANIZATIONS VETOGA AND THE MINDFUL
MEMORIAL DAY FOUNDATION

This workshop is free for VIDA
members and the public!

Get a FREE guest pass for the day
and bring a friend.

Donations will be gratefully accepted for Mindful
Memorial Day 2016.



www.mindfulmemorialday.org