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# Green Frog Yoga & Fitness LLC

November 2017 Newsletter

Issue 3, Nov 2017

HAPPY THANKSGIVING!

GREEN FROG YOGA



**BLACK FRIDAY  
DEALS**

**\*5 CLASSES \$40 (SAVE \$15)**

**\*3 MONTH UNLIMITED \$175 (SAVE \$25)**

**\*10 CLASSES \$75 (SAVE \$25)**

**\*6 MONTH UNLIMITED \$325 (SAVE \$50)**

**\*20 CLASSES \$120 (SAVE \$40)**

**\*AVAILABLE ONLINE OR IN THE STUDIO\***

**GREENFROGYOGA.COM**

## Chakra Workshop

Explore Chakras w/ Melanie and Ginny.  
We will discuss, share and practice visualization,  
seed sounds, a gentle flow of yoga poses and more,  
with a guided chakra cleanse meditation in savasana.

Thursday  
Nov. 30th  
7-8:30pm  
Fee: \$21



**Green Frog Yoga Studio**  
821 S Huron Rd Green Bay  
[www.greenfrogyoga.com](http://www.greenfrogyoga.com)

Are you curious about what Chakras are  
and how they are part of your yoga  
practice?

Join Melanie and Ginny on November  
30th to learn more!

**GREEN FROG YOGA**

### WE'RE MOVING!

Starting **DECEMBER 1ST** we will be  
at our new location in the  
**UNIVERSITY COURTYARD STRIP MALL**

**OUR NEW LOCATION**  
**2475 UNIVERSITY AVE, SUITE M**  
**GREEN BAY, WI 54302**

Exciting changes as we expand  
the studio!

We are moving to our new location at  
2475 University Ave  
(next to Z Harvest Cafe)  
Classes starting here December 1st!

# Celebrate the Winter Solstice with us!

## 108 Sun Salutations

Thursday December 21st 7 - 8:30pm  
Bring your yoga mat and water bottle.  
Cost: Free



The flyer features a green background with a white border. At the top, it reads "GREEN FROG GET-TOGETHERS" in white and "108 SUN SALUTATIONS" in red. Below this are four small images: a person in a pink top performing a yoga pose, a silhouette of a person meditating at sunset, a snowy landscape, and a group of people sitting around a table. At the bottom, it says "THURSDAY DEC 21ST 7:00 - 8:30 P.M." and lists details: "A fun, relaxed gathering for members and non-members to discuss yoga, books, and life!", "Please feel free to suggest any discussion topic that interests you!", "Snacks and refreshments will be provided!", and "Fun, friendly, and totally FREE!". The website "GREENFROGTOGA.COM" is at the bottom right.



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