



Pilates & Yoga Master Class – Program Overview

We are excited to see you this **Saturday, January 25, 2020**. The Pilates & Yoga Master Class will be hosted at the **International School of Prague** in the **Blue Room**. Please enter through ISP Main Reception.

What to bring

- Wear comfortable clothes and socks
- Water bottle
- A mat or one will be provided to you

Program of the Day

8:30-8:55	Registration
9:00-9:15	Introductions
9:15-10:30	Pilates Master Class
10:30-10:45	Break
10:45-12:00	Yoga Master Class
12:00	Raffle

Refreshments

Thanks to Fresh & Tasty who generously donated light refreshments for sale throughout the event. All the money will go directly to the Spin 4 Kids charity.

Thank you

This event is only possible with your support. 100% of the money donated to this event will go directly to the 2020 Charity – **Donor**. Thank you for all your support in making a significant difference in the lives of many children.

If you have any questions, please contact us at spin4kidsprague@gmail.com.

See you Saturday!