

Sumit's Yoga – North Phoenix will be hosting a fundraiser to benefit Fresh Start Women's Foundation on Friday, November 1 from 5:00 pm - 8:00 pm. Guests can tour the new studio space, mix and mingle with yogi's and enjoy great deals on class packages, yoga gear and apparel. The night will also include yoga demonstrations and a raffle to win prizes from Planet Fitness, Hi Health and more! Proceeds will benefit Fresh Start Women's Foundation.

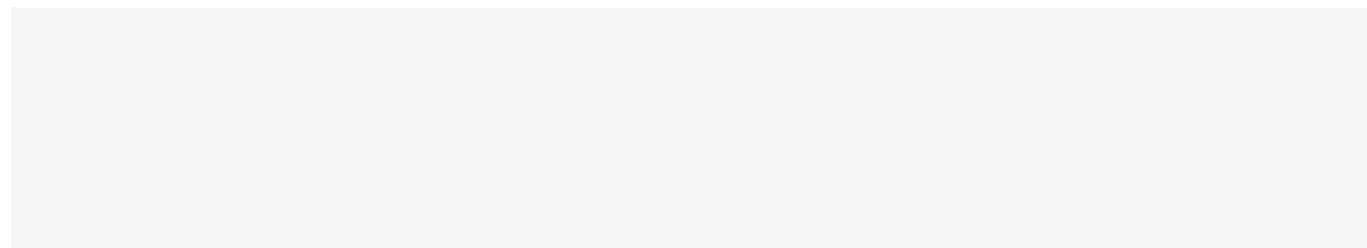
Free yoga classes will also be available Saturday November 2 and Sunday November 3 at 10am & 3pm with donations accepted on behalf of Fresh Start Women's Foundation. Reshape your mind, body and spirit!

Sumit's Yoga – North Phoenix: <http://www.sumitsnorthphoenix.com/>

350 East Bell Road Suite 10, Phoenix, Arizona 85022  
[\(602\) 688-6511](tel:6026886511)

Fresh Start Women's Foundation: <http://phoenix.wehelpwomen.com/>

### **About Sumits Yoga – North Phoenix**



Sumits Yoga North Phoenix is owned by Ashley Zettler, a yoga practitioner for the past ten years. Ashley's passion for yoga began while studying interior architecture at the Academy of Art University in San Francisco.

Zettler loves the Sumit philosophy of making yoga approachable for everyone and allowing everyone to learn to be compassionate and accepting of who they are and what they can do. Opening this studio has been a dream for many years, and has allowed Ashley to combine both her passion for yoga and teaching with her design skills.

Classes at Sumit's Yoga flow to music through a sequence of both balancing and energizing asanas (poses) in a heated practice environment. Through Bikram practice, Sumit understands the healing aspect of heat. Your body naturally protects itself from physical exertion by generating heat from the inside muscles outwards. Though the classes are designed to optimize physical health by waking and energizing the entire body, Sumit stresses that the greatest benefit comes not as much from the healing of the body, but from the healing of the mind.