

Calling All Yogis: Free Yoga Jan. 5

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EXTRA EXTRA!

Love yoga? Do it for free on Saturday, Jan. 5, at Mind Body Yoga, the newest yoga hot spot to hit Phoenix. The new fitness destination will celebrate its grand opening with complimentary Vinyasa Flow classes at 10 a.m., 2 p.m. and 6 p.m., with live sounds by DJ Mike Goodness from 2 until 7 p.m.

On top of the classes, you can enjoy raw foods by Mac and juice by Kaleidoscope Juice while you peruse the trunk shows of Yoga Styles and Lululemon Athletica. Thirty percent of proceeds from the day will go to the Off the Mat and Into the World charity.

Mind Body Yoga is located at 15030 N. Tatum Blvd. Phoenix, AZ 85032. For more information, call 602.374.5652 or visit www.mindbodyphx.com.