



## *Morning Yoga with Topeka Yoga Network*

**SATURDAY | 8 A.M. - 9:00 A.M.**

**SPA | FREE CLASS**



**You are invited to join Cedar & Sage Spa, in partnership with Topeka Yoga Network, for a relaxing 45-minute yoga class that centers your mind, body, and soul.**

**Classes are complimentary and open to the public. Walk-ins welcome.  
Limited spacing.**

**Post-Class Amenities (9:00 AM - 9:30 AM): Yoga guests enjoy complimentary access to our indoor & outdoor hot tubs, sauna, steam room, and cold plunge immediately following class!**

**Call 785.966.7770 for inquiries.**

**Saturday 7:50 am-9 am,  
Please arrive at 7:50 A.M. and bring a bathing suit.**



**June 6 / 20, July 11 / 25, Aug 8 / 22, Sept 5 / 19**