

# THE SOUL<sup>TM</sup> OF YOGA



## **FREE WORKSHOP:**

**starting a daily (10 min) personal yoga practice**

**Saturday, November 13  
9:00 to 11:30 a.m.**

The Soul of Yoga is offering a \$50 workshop **FREE to deputies** and their spouses at their Rancho Santa Fe Plaza location on Saturday, November 13 from 9:00 to 11:30 a.m. This workshop is great for beginners and offers discussion, guidance, and demonstration of the asana practice you'll start with to help eliminate daily chronic pain and lower stress. Use coupon code at time of registration.

## **REGISTER ONLINE:**

**<https://soulofyoga.com/event/daily-yoga/>**

**FREE for deputies & their spouses with coupon  
code: DeputySD**