

# MIND/BODY INTRODUCTORY SPECIAL



Deepen your practice with hands-on teaching from a professional.  
One session could revolutionize your life and your practice!

**One Introductory Private Yoga or  
Pilates session for just \$49!\***

**sport&health**

[sportandhealth.com](http://sportandhealth.com)

\*Valid for one 45 minute private Mind/Body session. Restrictions may apply. May not be combined with any other offer or promotion. First-time Mind/Body clients only. Limit one.

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