

SPIRIT  ROOM

# NOON YOGA

50 Minutes of Relaxation,  
Breathing and  
Mindfull Movement

Return to work feeling light and  
refreshed, calm and at peace.

- Changing room -  
- Leaving early is ok -

\$ 5.00

111 Broadway, Fargo, ND  
701-237-0230  
[www.spiritroom.net](http://www.spiritroom.net)

