

Hudson Chamber Event Form

Name: Beginner's Yoga Workshop

Date: December 1, 2010

Time: 7:00-8:00pm

Location: Inspiring Actions, 1810 Webster Street, Suite 5, Hudson, WI

Cost: FREE

Contact: Tracey at 715-381-3148

Description: This free workshop is designed for those who desire an introduction to the physical, mental and spiritual benefits of yoga. In an intimate and friendly setting you'll gently be guided into your own physical yoga practice while learning the history and benefits of yoga. Please visit www.InspiringActions.com

Name: Candlelight Yoga

Date: December 10, 2010

Time: 6:00 - 7:00 pm

Location: Inspiring Actions, 1810 Webster Street, Suite 5, Hudson, WI

Cost: FREE

Contact: Tracey at 715-381-3148

Description: This FREE 1 hour session is an opportunity to destress during the Holidays. Please visit www.InspiringActions.com

Name: Holiday Happy Hour

Date: December 10, 2010

Time: 7:00 - 9:00 m

Location: Inspiring Actions Studio & Webster Square, 1810 Webster Street, Suite 5, Hudson, WI

Cost: FREE

Contact: Tracey at 715-381-3148

Description: Please visit www.InspiringActions.com

