

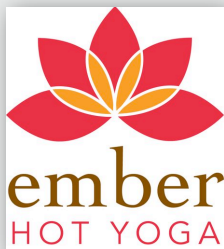
# "BE THE CHANGE" BENEFIT YOGA CLASS

*Saturday, May 7th at 4pm*

*This class is FREE  
with a donation to the cause...*



*All Proceeds Benefit:  
The Junior Service League of  
Woodstock's Summer Projects*



## *Hot Karma Class*

*this is Ember's Hot Sequence Class at a  
slightly lower temperature and perfect for  
beginners! No yoga experience required!*



### *About the Class*

The Hot Karma class is a 75 minute instructor led yoga class in Ember's clean, spacious hot yoga studio. **No yoga experience is needed.** Please arrive about 15 minutes early to register. Come on an empty stomach, be well hydrated and wear light clothing that you feel comfortable sweating in. Mat rental is available or you can bring your own.

### *About the Cause*

The Junior Service League of Woodstock is an organization of women committed to improving our community through volunteerism and fund-raising. Our purpose is to serve Cherokee County families by making a positive impact on their lives and their future.

Proceeds will be used for the League's summer projects, including summer lunches for MUST Ministries and backpacks for Cherokee County elementary school students.

Come find out more about the League and how you can join in our efforts to improve the lives of families living right here in Cherokee County.

**EMBER YOGA, 330 CHAMBERS STREET, WOODSTOCK**  
**WWW.EMBERYOGA.COM**    ॐ    **770.485.5583**