



2 Connecticut Street, 2nd Floor  
San Francisco, CA 94107

Friday Forrest Yoga

7-8:30 AM

Instructor: Megan Keane

Sliding Scale \$10-\$15

*Mention this flyer and get first 2 classes for \$15!*

Start your morning off with yoga! Based on the teachings of Ana Forrest, Forrest Yoga connects you to your core and uses deep breathing and vigorous sequences to melt stress, leaving you energized for the rest of your day.

Instructor: Megan Keane is a Forrest Yoga associate teacher, RYT 200, regularly teaching yoga to adults and youth around the bay area.

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