

Now is the time to sign for our Retreat  
You are invited for a special [House Music Yoga Class](#) - July 8th  
Our [Bring a Friend for FREE](#) contest begins July 1st - Win Yoga and Floats!



**Sign up before July 6th!**



Juicy, Keren, Lady J and I just did a rocket run to Orr Hot Springs to check out the scene and we're excited to report the hot springs are so peaceful and inviting; the waters so

healing, that it took great determination to get out of the baths and come back to SF.

The Creekhouse is ready to go with a hot yoga room, our own kitchen and outdoor dining area, plus lodging on the second floor. We have room for 16 people in the Creekhouse.

The grounds around Orr Hot Springs evoke another time or place - like spending time in the Shire from Middle Earth. There is no cell coverage or internet so it's a wonderful opportunity to unplug, reset and recharge.

Sign up between now and July 6th  
and receive a free 420 gift.

**Sign up NOW**

We can't wait to spend time with you in such  
*a powerfully magical space.*

You can check out our [proposed schedule here.](#)

We also have 420 packages with edibles, oils, tinctures, and more available at \$23, \$49 and \$99.

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**Our "BFF" Contest starts July 1st!**

# BRING A FRIEND FOR FREE REFERRAL CONTEST

It's easy to get your BFF contest started:

Sign up with [Perkville](#) using the email address you have on file with Mission Yoga.

Click on the "refer a friend" link.

You'll have the option to send your friends three FREE classes via social media, email or you can copy and paste the link anywhere you'd like.

Join your friend for a class of each type!  
(This step is optional but encouraged)

Once your friend accepts the offer and earns points at Mission Yoga (by buying the New Student

Deal) you'll earn points towards the contest.

The person with the most referral points in July will win a FREE Month of Classes.

Plus, everyone in the contest will be entered into a drawing for 2 FREE Float Sessions.

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**July is Global Bikram Yoga  
30 Day Challenge!**



Looking for a Challenge this summer? Join thousands of other students from hundreds of studios around the world for the [Global Bikram Yoga 30 Day Challenge](#).

Choose your own goal and get practicing!  
We're here for you.

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Join us July 8th for House Music Yoga!



**& YO YO YOGA** PRESENT

# divine

**GINA TURNER  
TIM ROTHSCHILD  
DJ MYKEE**

## SCHEDULE

6:30PM **GUIDED MEDITATION** TIM ROTHSCHILD

7-8PM **HOUSE MUSIC YOGA** GINA TURNER & DJ MYKEE

SATURDAY JULY 8, 2017

**MISSION YOGA - SAN FRANCISCO, CA**

TICKETS AVAILABLE AT [WWW.MISSIONYOGA.COM](http://WWW.MISSIONYOGA.COM)

DOORS OPEN 6:15PM

@THEDIVINEMVMNT

Buy Tickets

Seattle based yoga/live DJ collective Yo Yo Yoga has teamed up with NY based company The Divine Movement featuring Gina Turner and Tim Rothschild to bring a Yoga Live DJ event to Mission Yoga on July 8th!

Everyone who attends class will get \$10 off admission at the door for Noise Complaint at Public Works.

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**Get 'em while they're hot!**



It's time for some new summer suits. New Onzie yogawear is in stock - get 'em while they're in stock.

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**Join Matthew Henry for a 90 minute silent**

# Bikram's Beginning Yoga Class



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Hot Yoga Hot Springs Retreat  
Schedule

--Friday August 4th--

Noon

Arrival

4pm

Orientation

420pm

Welcome circle

Settle in, soak, steam

630pm 730

Hot Yoga Express

800pm cocktail hour

830pm Dinner

-- Saturday August 5th --

730am 830

Hot Yoga Express

9am 10

Breakfast

Noon

Inferno Hot Pilates

2pm

Lunch

4pm

High Hike

6pm 715

BUTI Yoga

830pm

Dinner

-- Sunday August 6th--

730am 830  
Express People's Choice

9am 10  
Breakfast

Check out at noon

Schedule subject to change

Mission Yoga | (415) 401-YOGA | [schedule](#) | [email](#) | [website](#)

