



HDSID May Special Offers

Health & Fitness

SW3AT Sauna Studio

<http://sw3at.com/>

May 7th- Free sessions for military spouses through Vet Tix

Military Spouse Appreciation Day on May 7th 2021!

For more information please visit: <http://sw3at.com/>

Health & Fitness

Urban Sadhu Yoga

<https://urbansadhuyoga.com>

May Offer - New Student Special-2 Weeks Unlimited Yoga for \$25.

Invest in yourself today! Just \$25 for you to explore all the offerings at Urban Sadhu Yoga Shala for 2 weeks. You don't need to be flexible. You don't need the trendiest coolest yoga pants. You don't need to know how to do a handstand. You just need to be willing to show up for class. You are the most important part of a yoga practice. The **Urban Sadhu Yoga New Student Special** includes all class types-Open, Foundational, Yin, and Meditation.

Some restrictions apply. This is only for new students to the studio and in-person classes only. Must be activated within two weeks of purchase, no refunds, transfers, cancellations, extensions, or freezes.

For more information please visit: <https://urbansadhuyoga.com>