

// ARLINGTON HISTORIC HOUSE & GARDENS

A series dedicated to teaching and sharing  
healthy lifestyle choices with the community

# ARLINGTON'S

*health & wellness*



**PRESENTS**  
**YOGA SAMPLER**  
**SESSIONS BY:**  
**-THE BLACK YOGA**  
**TEACHERS IN**  
**BIRMINGHAM**  
**COLLECTIVE**  
**-MIMI CHAMBERS**

**LOCAL VENDORS**

**SMOOTHIE DEMO**  
**BY CHEF MATT**

# JULY 31

# 8-11 AM

331 Cotton Ave SW  
Birmingham, AL 35211

*For inquiries, please call*  
205-780-5656

**FREE ADMISSION**  
\*YOGA MAT OPTIONAL