

# The Good Space Pilates & Yoga Studio

## Just Breathe. . .



Learn how tension, stress, toxins, and negative emotions can be transformed through breath. Feel more **grounded, rejuvenated, inspired, and motivated** after just one session. Get in touch! Learn how to release, let go, and go on.

- **BREATHING CIRCLES:** \$35 (returning - \$25)  
Fridays 09/16, 10/07, 11/18, 12/16  
5:30-7pm
- **PRIVATE SESSIONS:** \$75 (75-90 minutes)

**Prices include meditation CD !**

Please RSVP to reserve your "Good Space"

*"The future belongs to those who believe in the beauty of their dreams"*  
—Eleanor Roosevelt

**TO REGISTER, CALL 713-784-8555 OR MAIL THE FORM BELOW**

To register, call 713-784-8555 or fill out this form and mail with your payment (check or credit card information) to:  
The Good Space Pilates & Yoga Studio, 5757 Woodway, suite 150, Houston, TX, 77055.

**BREATHING CIRCLES with Melody Morton, 9/16, 10/7, 11/18, 12/16**

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Date of Birth \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_

Please charge to my :  MC  Visa  AMEX Name (as it appears on card) \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

I agree to pay the total amount  
according to card issuer agreement