

Mind - Body Class

Enjoy **Rockyourbests'** regularly scheduled class with special guest Body Transformation coach

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creator of

METAPHYSIQUES

Mind, fitness & lifestyle coaching based on science and psychology



The graphic is a vertical poster. On the left, a woman with dark curly hair, wearing a grey t-shirt and floral leggings, poses with hands on hips. Behind her is a large, faint 'Rockyourbest' logo. Above her, the word 'PRESENTS' is written in a spaced-out font. On the right, a smaller photo shows a blonde woman in a pink sports top crouching on a bridge. Above this photo is the 'METAPHYSIQUES' logo. Below the photo, the words 'SPECIAL CLASS' are written. At the bottom, on a dark background, the date and time 'AUGUST 24TH 12:30-2:15PM' are listed, followed by the venue '@♥BEAT HOUSE'.

PRESENTS

Rockyourbest

METAPHYSIQUES

SPECIAL CLASS

AUGUST
24TH
12:30-
2:15PM

@♥BEAT
HOUSE

Mind-Body Engineering seminar will be held in the lobby after we dance! Thurs 8/24th 1:30-2:15pm(*Seminar is Free)