

# Gentle YOGA

*stretch • unwind • relax*



***Monday & Friday***

***8:30 am***

*Presidents' Room ↪ Bring Your Own Mat*  
*\$8 per Class - paid to instructor*

## *Benefits of Yoga:*

*Stress Reduction    Pain Relief*

*Better Breathing    Flexibility*

*Increased Strength*

*Weight Management*

*Improved Circulation*

*Cardiovascular Conditioning*

*Sharper Mind    Inner Peace*