



Gentle Yoga for Everyone

Monday & Friday

8:30 am

Starting Monday, October 14, 2019

Presidents' Room ☞ Bring Your Own Mat

\$10 per Class - paid to instructor

10 classes for \$75.00 need to be used by April 15, 2020

Benefits of Yoga:

Stress Reduction Pain Relief

Better Breathing Flexibility

Increased Strength

Weight Management

Improved Circulation

Cardiovascular Conditioning

Sharper Mind Inner Peace