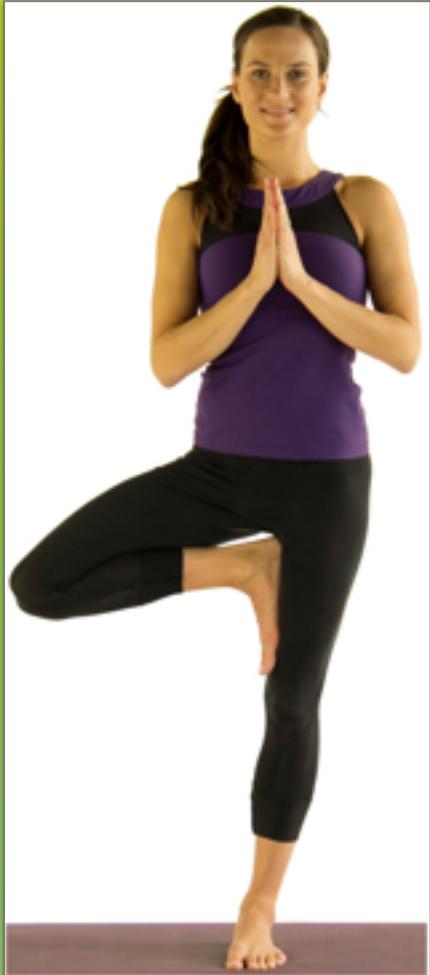


HEALTHY LIVING 4 LIFE

PILATES ♦ YOGA ♦ POST-REHAB



**NEW
YOGA
CLASSES
Start
March 14**

**YOGA BASICS
Tues / Thurs 10:30**

- Has your doctor suggested you join a yoga class, but you are hesitant to join a community- based class? Join this class and learn alignment basics and modifications to common poses in a small and personalized class. We will learn basic poses and modifications for various medical issues in a gentle flow class. (NOTE: this is not a chair based class Participants need to be able to get up and down from the mat on the floor).