

# Yoga Class



## FIND YOUR BALANCE, STRENGTH, AND INNER PEACE

**Who Can Join?** Beginners and experienced yogis alike!  
All levels are welcome.

**What to Bring:** Comfortable clothing | Yoga mat | Water bottle

Reconnect with Yourself and Embrace the Power of Yoga!

**SIGN UP AT THE FRONT DESK** ☎ 860-859-4148

🕒 Thurs 4:00 – 5:00 pm & Sat 10:00 – 11:00 am



Wellness Studio @ Veterans Rally Point 24 Stott Ave Norwich CT 06360