

Beginning
March 19th &
the 21st!

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