



Come Join us for FREE

Yoga Classes

◆ *Every Thursday at 1:00p.m* ◆ *107 Wellington St.*◆

Benefits of Yoga

- § Increase in Strength
& Flexibility*
- § Stress Reduction*
- § Improves Breathing*
- § Improves Energy Levels*
- § Relieves Muscle Tension*

*All classes are for beginners!
Give it a try!*

