

TRY *Yoga*

With Cathy

Perfect for YOU as students...so YOU deserve this opportunity for gentle beginning yoga.

It will:

- Renew body, mind and spirit.
- Strengthens and tones muscles
- Increases flexibility and mobility
This means you do not have to be flexible to try it or benefit from the experience
- Improves oxygen and blood flow
- Increases health and wellness

Wear comfortable clothes and bring a mat.(you can find one for under \$20 at Target, Walmart, Dicks)

\$10/ class - whenever you can make it!