

WHAT DO PEOPLE HAVE TO SAY ABOUT OUR HATHA YOGA CLASS?

My balance, and flexibility have improved tremendously.—R. Age 39

Everyone works at their own level—I love that and the instructor, too!—L. Age 24

The group is fun and very supportive. I fit in.—P. Age 56

I have learned that I CAN do yoga and it is really beneficial for me.—N Age 60

This class helps me stay grounded and release stress. It's very calming.—O. Age 28

It can be as challenging or as easy as you need it to be. —K. Age 57

I learned Yoga is awesome for my body and everyone can do it.—T. Age 33

My life goes better when we have class. I am more calm and relaxed.—J. Age 43

I really like our instructor. She helps you get the perfect position.—T. Age 50

You should definitely try it. It is SO worth your time!—M. Age 52

I learned I can do more than I thought, and the importance of breathing.—A. Age 42

Try it. You'll love it!—I. Age 34 Anyone can do this. It is fun!—S. Age 55

We have a great group. They are so supportive, no judgment ever.—H. Age 26



You need this in your life! Contact Rachel Czys at rczys1@yahoo.com now to register.