

Slow Down Take a Breath Relax with Yoga!

Here is an excellent opportunity to learn about yoga in a warm and welcoming atmosphere.

Classes will focus on:

Warm-ups
Hatha yoga postures
Breathing techniques
Guided relaxation

Instructor: Cindy Thomas, R.M.T.

Registered Massage Therapist and Certified Kripalu Yoga Instructor

To register or for more information call:

Cindy Thomas at (705) 533-2985