



Never taken yoga? Had a little or a lot of yoga? It doesn't matter!

Come and see what it's all about!

The class is an instructional course. There is an emphasis on individual attention and promoting safety, as you explore this ancient science of healthy living. You will learn basic yoga postures, breathing techniques and experience the joy of relaxation.

Yoga

Want to try Yoga?

Now is your chance!

**Beginner Basic Yoga
Sessions starting
September 18, 2017**

Where:

**The
Yoga Studio**

705 Broad St. Oriental, NC

When:

Mondays 5:30-7pm

Cost:

\$115 for a 6-wk session

Susan Koepp, a Registered Yoga Teacher and Nurse Practitioner will instruct the session.

In order to provide the necessary individual attention, class size is **limited**. Wear comfortable, stretchy clothes



Please Pay for the workshop when you register, payment may be mailed to: PO Box 383, Oriental, NC 28571

Call (252) 249-2220 or E-mail for more info.

info@mywellnesspartner.com

