

YOGA

FOR ALL AGES AND SIZES

Beginning May 16, 2016

MONDAYS 4:00 – 5:00 PM

TRIBAL GYM

Join us for a BEGINNER YOGA CLASS

that can be done on the floor or in a chair.



Modern science now confirms why humans have been practicing yoga since the beginning of recorded history: it is good both for the body and mind.

There is evidence in archeological records that yoga has been practiced by humans for at least 5,000 years. Clinical research has found that yoga has been beneficial in the prevention and treatment of diseases such as Type 2 Diabetes, Asthma, Elevated Cortisol (Stress), Fibromyalgia, High Blood Pressure, Obsessive-Compulsive Disorder, and Computer Eye Strain, just to mention a few.

Please come dressed in comfortable loose fitting clothing.

If you have a yoga mat, please bring it.

Call Penny at 928-643-8323 with questions.