

3-Week Labor Day Yoga Session



3-week Session

Aug 21st, Sept 4th & Sept 11th

Tues Mornings 9:30-10:30am

Tues Evenings 7:00-8:00pm

- Appropriate for ages 13 - adult, beg/inter level
- Develop Strength, Flexibility and Peace of Mind
- Learn Yoga Postures in a supportive environment

A flow based yoga class suitable to all levels. We will build on our practice each week to help you increase strength and flexibility. Modifications are always taught so that the class can accommodate people new to yoga along with those with an established yoga practice. Never feel intimidated to start, we offer a comfortable environment so anyone can come and experience the benefits of yoga!

Wear loose-fitting clothing / bare feet Yoga mat is suggested

Cost: \$25.00 1 class/wk
Cost: \$45.00 2 classes/wk

**Register today to reserve
your spot in class!**



**Central City Dance Center
6700 Canton Center Rd. Canton**