

Beginners Yoga Classes

Starting Thursday May 8th at Curves in
Chardon

7:15 - 8:15pm, \$10 drop-in or 6 classes for \$45
\$90 for 3 months pass*

* all class packages expire 3 months after purchase

Please bring a yoga mat, yoga strap, yoga blocks preferred but are
optional. Dress in loose fitting clothing

Taught by Jeanette Peters, for more information please call
440.476.1772

Classes are taught at a beginner Hatha Yoga level, so the student will
learn the foundations of breathing, postures (asana), and relaxation.
Men Welcome!

