



Shenandoah Yoga

New!

Gentle Yoga Classes

Sundays from 4:00 PM to 5:30 PM (Beginning January 4, 2009)

Gentle Yoga is a slower-paced yoga class to suit people of a range of ages, sizes, health & fitness.

- ◆ Plenty of modifications offered for those new to yoga or in need of a little extra physical or moral support.
- ◆ Minimizes transitions to and from the floor by grouping standing and seated poses.
 - ◆ Meditation & breathwork to reduce stress & create energy
- ◆ Ideal for people healing & coping with various injuries, disorders & ailments such as arthritis, cancer, chronic pain, heart disease, etc.

6 weeks: January 4, 11, 18, 25 & February 1, 8

Sign up now! Class size limited. Cost: \$66 (\$54 seniors & students)

Friendly, supportive classes taught by certified Yoga Therapist in central, downtown location with easy parking.

All classes at
135 South Main Street.
Harrisonburg, Virginia

(Above Shenandoah Bicycle Company)

For more info, questions or to register:
www.shenandoahyoga.com
info@shenandoahyoga.com
540-746-8468