



Shenandoah Yoga

New!

YOGA CLASSES For Girls

Wednesdays from 6:45 to 7:45 pm (Beginning November 7)

- ♦ Have fun & learn yoga with other girls!
- ♦ Improve concentration & stimulate creativity
- ♦ Increase flexibility, strength, balance & co-ordination
 - ♦ Foster a sense of well-being and calmness
 - ♦ Reduce depression, anxiety & anger
- ♦ Increase confidence, self-discipline & self acceptance

6 weeks (November 7, 14 & 28; December 5, 12 & 19)

Recommended ages: 11 to 14. Sign up now!

Class size limited to 10 girls. Cost: \$42

All classes at
135 South Main Street.
Harrisonburg, Virginia

(Above Shenandoah Bicycle Company)

For more info & to register:
www.shenandoahyoga.com
info@shenandoahyoga.com
540-746-8468