



# Shenandoah Yoga

## FREE!

### Community

## YOGA CLASSES

Holiday Chill-out Yoga - Saturday, December 8 (7:15 to 8:30 PM)

Winter Solstice Yoga - Saturday, December 22 (7:15 to 8:30 PM)

- ◆ Take a break from the busy holiday season!
  - ◆ Relax and reduce stress.
- ◆ New & experienced students welcome. Bring a friend!
  - ◆ Foster a sense of well-being and calmness.
- ◆ Increase flexibility, strength, balance & co-ordination.

Shenandoah Yoga wants to say thank you to the local community for a great year!

In keeping with the holiday giving spirit, we are accepting optional donations of cash or non-perishable food items to go 100% toward feeding needy members of the local community.

All classes at  
135 South Main Street.  
Harrisonburg, Virginia

(Above Shenandoah Bicycle Company)

For more info, questions or to register:  
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540-746-8468