



Shenandoah Yoga

FREE!

Community YOGA CLASS

Friday, March 22, 2013 (5:30 pm - 7:00 PM)

- ♦ A yoga class in honor of the spring equinox
 - ♦ 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.

Get to know other members of our local yoga community during this Multi-level class!

To support our Harrisonburg community with this class, we invite 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:
www.shenandoahyoga.com
info@shenandoahyoga.com
540-746-8468