



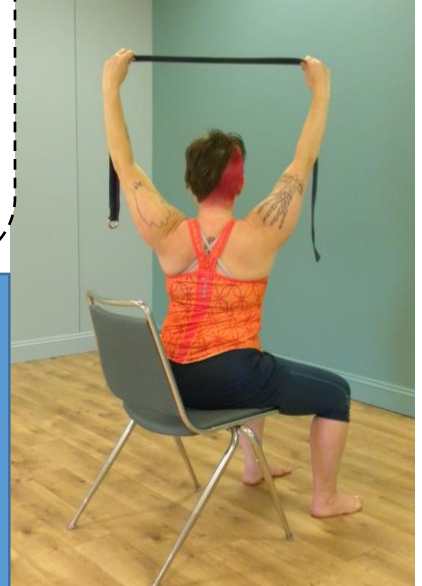
Small Business
of the Year



Chair Yoga Monthly Workshop

Improve posture, balance, strength & flexibility

Saturdays
10:30-11:30am
Sep 16, Oct 21,
Nov 18, Dec 16



\$22 Advance Sign Up
\$25 Day Of
Space is Limited

\$20 Yoga Born Member



Questions? YogaBorn.com

Let's practice together alignment yoga, it's yoga you can do! Different focus each week: relieve neck pain, build shoulder & core strength, improve hip flexibility, feel less stiff overall & more balanced. **Attending all sessions will be very helpful, consistency is the key!**

Bare feet in studio. **Silence** electronics. **Refrain** from wearing perfumes. **Arrive** early, to honor the time advertised. **Only** body positivity spoken here.

YogaBorn.com (860) 432-5678
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