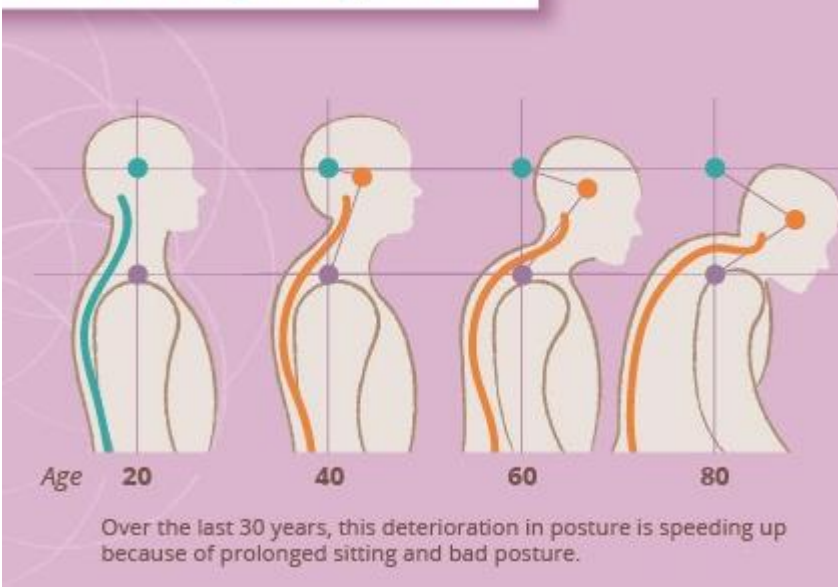




Chair Yoga 5wks

Improve posture, balance, strength & flexibility

effect of age on posture



Fridays

Jul 21- Aug 18

9:30-10:30am

\$100 Sign Up By 7/16

\$90 Early Bird Ends 7/7

\$25 Single Session

Space is Limited

YBMember Series \$76/Single \$20



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.

YogaBorn.com (860) 432-5678

Town Center Plaza 1735 Ellington Rd, South Windsor