

SERENITY YOGA

at

Dance Concepts

The practice of yoga combines breath and movement to bring ease to both body and mind. A regular practice will improve balance, strength, and flexibility.

When: Mondays 7:30-8:15pm

11/12/2018 11/19

11/26 12/3

12/10 12/17

Session rate: \$65.00 for the 6-class pass, due at first class

Drop-in rate: \$13.00 per class

cash or check payable to Serenity Yoga

Dance Concepts

27093 Bagley Rd., #1
(Corner of Stearns and Bagley Rds.)
Olmsted Township, OH 44138

For more information, email us at serenity.yoga@live.com