

Yoga Class



**FIND YOUR BALANCE,
STRENGTH, AND INNER PEACE**

Gentle LYT Yoga (Tuesdays)
@ OSMS / Exercise Room

Session Two: November 10th – December 22nd

LYT Yoga (Sundays)
@ OSPR

Session Two: November 22nd – January 10th

Fee: \$60.00

Instructor: Thia Wrightsman



Reconnect with Yourself and Embrace the Power of Yoga!

FOR MORE INFO OR TO REGISTER PLEASE VISIT:

www.oldsabyrookrec.com