

Yoga Class



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

**Gentle LYT Yoga (Tuesdays)
@ OSMS / Exercise Room**

Session One: September 8th – October 27th

Session Two: November 10th – December 22nd

**LYT Yoga (Sundays)
@ OSPR**

Session One: September 13th – November 1st

Session Two: November 15th – January 3rd

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