

Gentle Yoga–Absolute *Beginners*

Wednesdays, April 22– May 27

7:30–8:45 p.m.

Fee \$69 for six weeks

Save \$10 for you and \$10 for a friend when you register
together

Acupuncture Wellness Center

22 South Holmdel Rd.

Holmdel, NJ 07733

732–946–3001

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- Learn step by step the basics of yoga.
- Heightens awareness of the connection between your body and mind, reduce stress, increase your flexibility, strength, improve your circulation, focus on the present and find inner peace in a stressful world.
- You will learn asanas (postures), and pranayama (breath work) in a nurturing environment without judgement.

Hosted by Beverly, Registered Yoga Teacher (RYT), BA. She currently teaches in Brielle, Point Pleasant, Brick, and Toms River.

Must pre-register! Space is limited

Call the center to reserve your spot! 732-946-3001

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