

# **NEW CLASS! STARTING 12/26**

**COME JOIN US FOR A DYNAMIC HATHA/VINYASA  
YOGA CLASS ON THURSDAYS FROM 9:30-10:45 AM.**

Focusing on the connection of breath with movement, improving overall flexibility, increasing mobility and range of motion, and releasing tension, students will leave feeling energized, centered, grounded and refreshed. All levels are welcome.



**JUST AROUND THE CORNER AT:  
THE YOGA & AYURVEDA CENTER  
2 S. PARK AVE, 3RD FLOOR (ABOVE BABCOCK'S)  
[www.yogaayurvedacenter.com](http://www.yogaayurvedacenter.com)**