

Challenge Yourself to Balance!



It's all about balance!
Breathing, calming down, strengthening the legs and the back, focusing, and then finding joy on one foot!

**Learn to cultivate a sense of balance! Prevent falls!
Join us!**

Next Six-Week Yoga Sessions:

Wednesdays
February 29 to April 4
4:00 pm - 5:00 pm
7:30 pm - 8:30 pm

Thursdays
March 1 to April 5
10 am - 11 am

Deming Zen Center
501 East Spruce

\$42 if you come once per week, \$70 if you come twice per week

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