

Feathers Wellness Studio

... Empowering You To Soar

5 Week Beginners Yoga Class Series



If you can't touch your toes, and are tense, stiff and STRESSED, then this is the class for you !!!

Start 2012 off reducing stress, exercising, and improving flexibility in fun, encouraging environment.

Learn stretches you can do at your desk at work!

Go at your own pace.

- Reduce Stress
- Increase Flexibility
- Learn stretches you can do at desk at work
- Learn stress reduction techniques you can use in the real world
- Learn the basics of yoga and what it is about in down to earth terms

Learn yoga postures and how to adapt them for your body.

First class Tuesday, 1/3/2012 6:30-7:45pm is Free! Come and try the class. If you like it, sign up for the other 4 classes only \$40.

12 Union Street Weymouth

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www.FeathersWellnessStudio.com