

GENTLE YOGA

MONDAYS 11AM-11:50AM
FULL CIRCLE FARM



Relax! it's yoga
Relax replenish and revive

Common Benefits of Yoga Practice

Yoga gives us an opportunity to connect to our mind and body while helping us achieve calmness, stability and flexibility.

Class will include:

- Postures
- Conscious Breathing
- Meditation
- Relaxation

Class is for adults only

Try the first class for FREE

**Come and enjoy
the benefits of
Gentle Yoga in a
natural relaxing
environment**

**Small class size of
under 10**

**Bring a yoga mat
and water**

**Register for the
series:**

<https://www.sweatguru.com/jyothi>

**Drop-ins welcome:
\$15/class**

**Contact Jyothi,
jyothibs_25@yahoo.com**



FULL CIRCLE FARM

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