

Join Us for SUMMER Yoga at Gold Medal!

Tuesday Evenings

Starting June 19

Time: Tuesday at 6pm
Gold Medal MOG (Medically Oriented Gym)
In Bel Air – 407 E. Churchville Rd.

Please join us for traditional gentle yoga, whether you are a new to yoga or have been injured and want to slowly get back to your practice. Classes will be semi-private offered in a small group setting. All levels are welcome, please bring water and your own yoga mat.

8 yoga sessions Tuesdays 6:30 pm

\$112 / \$14 each / drop ins \$16

June 19, 26

July 10, 24, 31

August 7, 21, 28

Contact Kristine to sign-up!

kristine@inspiremeconsulting.services or 508-922-3616

Payment (check or cash only) due by the first class.

Space is Limited

