

**It's Time for Fall Yoga at Gold Medal!**  
***Now featuring Morning and Evening session***  
***Thursdays!***

**Starting September 20**

**Time: Thursday 10 – 11am**

**Thursday at 6:30 – 7:30pm**

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.

**6 yoga sessions for \$84** (\$14 each)

**drop ins \$16**

**September 20 through October 25**

*Contact Kristine to sign-up!*

*[kristine@inspiremeconsulting.services](mailto:kristine@inspiremeconsulting.services) or 508-922-3616*

*Payment (check or cash only to Kristine) due by September 6<sup>th</sup>*

**Space is Limited**

***Private sessions also available! Please contact Kristine directly to set up your appointment***

