

Semi-Private Gentle Yoga

at Gold Medal

Thursdays

Starting January 10

Time: Thursday 10 – 11am

In Bel Air – 407 E. Churchville Rd.

Please join us for traditional gentle yoga, whether you are new to yoga or have been injured and want to slowly get back to your practice.

Classes are semi-private. Please bring water and your own yoga mat.

6 yoga sessions for \$108 (\$18 each)
drop ins \$20

January 10 through February 14

Contact Kristine to sign-up!

kristine@inspiremeconsulting.services or 508-922-3616

Payment (check or cash only to Kristine) due by January 9

Space is Limited

