

Yoga for Stress Management

stretching • strengthening • relaxation

at

The Maple Center
1801 N 6th St

Mondays 6:30pm - 8:00pm

Class start dates announced on home page at www.themaplecenter.org

\$70 for all seven classes



The goal of this yoga class is to provide you with valuable tools to embrace the challenges of life. We will explore different yoga postures, breathing and relaxation techniques in theory and practice to cope with life's stresses.



The class instructor will be Devaki, she is an international experienced yoga teacher (E-RYT 500+) since 2000. She holds a master's degree in psychology from the University of Cologne, Germany. She is also a licensed massage therapist and certified Ayurvedic health counselor.

Class size is limited, so reserve your spot today!

Go to www.themaplecenter.org for registration.

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