

10 Top Reasons to Do Yoga in 2008



1. Gentle stretching increases flexibility
2. Improves balance
3. Increases circulation
4. Has been shown to help with weight loss
5. Detoxifies the organs and lymph system
6. Helps balance hormone and neurotransmitter levels
7. Reduces feelings of anxiety/depression
8. Allows one to age more gracefully
9. Promotes and maintains overall health
10. Anyone can do it!

Join us Thursdays from 7 to 8 pm at Elite Physiques

\$40 for 4 week class period per person

Ongoing class session

Class Instructor: Julie Kusiak, Registered Yoga Teacher

Registration is currently being taken and class size is limited

Questions? Interested in registering?

Please call Elite Physiques at (740) 548-3637