



BEING YOGA
freedom in your body and mind

You asked for it...and you got it!

**So many of you have requested another Flow class that,
starting Sunday, October 18th,
Being Yoga is adding another one to our schedule,
every Sunday from 1:30 ~ 2:30pm.**

**Open to mixed levels, this non-heated class
will help eliminate stress and build both mental
and physical endurance, flexibility and strength.**

**Now you have another class to help you on
your journey to health and well-being.**

It's just what you asked for!