



Sacred Yoga

YOGA CLASSES

WHERE: BHS (ENTER THROUGH MAIN DOORS)

BRING A FRIEND OR TWO!

WHEN: SATURDAY MORNINGS @ 10 AM

\$5 FOR EVERYONE

(BRING A YOGA MAT/BOTTLED WATER)

INSTRUCTED BY CLARINDA THOMPSON , RYT

REGISTERED YOGA TEACHER

- Increased flexibility.
- Increased muscle strength and tone.
- Improved respiration, energy and vitality.
- Maintaining a balanced metabolism.
- Weight reduction.
- Cardio and circulatory health.
- Improved athletic performances
- Protection from injury.

THIS IS A BLACKMAN TRACK FUNDRAISER