



ABCs of Yoga Back Care

Alignment to improve your posture

Basic poses to relieve muscle tension

Create relaxation techniques to reduce stress

Free Class

Friday, February 24th 6:00-7:30pm

with Linda & Theresa

Class open to all levels of students, including people who have never taken a yoga class.

Please wear loose fitting clothing. Special care will be made to assist those with back issues, including the use of a chair.

Call Yoga for You to reserve a spot.
Light snacks will be provided.

Sponsored by Whole Health Resource Network
an association of healthcare professionals

Yoga for You
2900 Arendell Street, Morehead City, NC 28557
(Beside Tuesday Morning)
252-247-YOGA (9642) www.YogaforYouandMe.com