

FREE YOGA CLASSES

June 23rd 8:15 p.m.

June 27th 7:00 p.m.

June 30th 8:15 p.m.

Join in these free basic Hatha Yoga classes for adults at the 9 Traditions Martial Arts School.

YOGA is an excellent form of exercise that offers stress relief, body strengthening and toning and relaxation.

Don't miss out...this is your chance to fall in love with

YOGA!



Free Adult YOGA Class Registration

Name _____

Please circle the class dates that you will be attending.

June 23rd

June 27th

June 30th

**Return this form to 9 Traditions Martial Arts School or
sign the registration form at the school.**