

**9 TRADITIONS
MARTIAL
ARTS
ACADEMY**

**HATHA YOGA
CLASSES**



Yoga is the oldest form of personal development in the world. It balances, harmonizes and strengthens the body, mind and soul.

Hatha Yoga concentrates on physical postures and breathing exercises that allow the body to become stronger and the mind to be more relaxed.



Call us now to register
for classes!

(937) 783~ 5425

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**9 Traditions Martial Arts
Academy
107 S. Broadway
Blanchester, Ohio 45107
www.9traditions.com**

**Classes are
currently
offered on**

Monday and Thursday

8:15 PM ~ 9:30 PM



**Attend once a week
\$43.00
per month
(6 month contract)**

OR

**Attend at your
convenience with a
Flexcard
No worries about missed
classes come when you can!**

**\$99.00 for 10 flexible
classes**

