



Yoga For Better Health

Attend In-Person or via Zoom

Mondays & Wednesdays, 9AM to 10AM

Join us for Yoga class where you will be on your way to a healthy, sustainable lifestyle.

You may see the following benefits from yoga:

- ♦ Increased energy, flexibility, & balance
- ♦ Improved muscle tone & immunity
- ♦ Stress relief & reduced anxiety
- ♦ Lower blood pressure

August 11 to September 15
September 22 to October 27
November 3 to December 3

CLASS FEE \$34

ENROLL TODAY ce.mohave.edu

Class located at Health& Wellness/ Yoga

