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**

November 3 to December 3

CLASS FEE $34

ENROLL TODAY ce.mohave.edu
Class located at Health& Wellness/ Yoga