



GENTLE YOGA

Every Monday at 4:30 p.m.
(one hour class)

No pre-registration is required. Bring a mat or towel for floor. All levels of ability are welcome, ages 12 and older. Instructor is Laurie Wolfe, Yoga Alliance RYT-200 yoga instructor, and Ananda Meditation Teacher. Come find out how yoga can be your one-hour escape from the busy world we live in. Create peace of mind and balance in your life.

FREE Yoga classes

**Soothe your mind
while gently
working your body**

Reduce stress

**Tone your muscles
and improve
flexibility**

Sleep better

**OSSEO
COMMUNITY CENTER
ROOM B**

415 Central Avenue
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