

# *Yoga Moves Class*

**Monday / Friday**

**9:00 - 10:05 a.m.**

**Tivoli Fitness  
Center**



**An all levels inspirational yoga class**

**to provide:**

**-inner peace by uniting the mind, body  
& spirit**

**-a journey unique to each participant  
by setting your own intentions**

**-poses (asanas) that flow into  
sequences guided by your breathing**

**BRING A YOGA MAT**

**Questions: Sandy**