

Now Enrolling for

Hatha Yoga Class

Hatha Yoga is the most popular form of Yoga in America. It is the branch of Yoga which concentrates on physical health and mental well-being. Hatha yoga uses bodily postures (*asanas*), breathing techniques (*pranayama*), Sun Salutation Routine and mediation (*dyana*) to connect the healthy body with a peaceful mind. There are nearly 200 Hatha Yoga postures, with hundreds of variations, which work to make the spine supple and to promote circulation in all the organs, glands, and tissues. Hatha yoga postures also strengthen muscles, stretch muscles and align the body to promote balance and flexibility.

Tuesdays 7:00pm

Starting June 2nd

At

Kelly's Martial Arts & Family Fitness Center

5521 S. Lindbergh Blvd.
St Louis Mo. 63126



Class Taught by:

Gina Pona-Norton

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For more information and register for the class contact Ms Kelly
@

Call 314.849.7705

www.kellysma.com

\$10. a class

\$8.00 a class prepaid