

YOGA CLASS

Beginner Series



Wednesdays, 6:00pm-7:00pm

Starts on March 7th, 2018

March 7th - April 11th

Welcome to your mat! Join this beginner series yoga class; ideal for anyone looking to start or re-new a yoga practice in a comforting and therapeutic environment.

Learn the fundamentals of a yoga practice and facilitate proper posture and alignment, boost mood and memory, improve muscle flexibility, foster balance and radiate inner strength and beauty.

\$75 for the 6 week program Pre-registration required

Illuminate your path to improved health & wellness

Class Instructor:

Dr. Audra Stawicki, a Doctor of Physical Therapy and Certified Yoga Instructor and Wellness Enthusiast.



REHAB CONCEPTS
physical therapy

TO REGISTER, CALL:
203-458-6268

LOCATION:
753 Boston Post Rd
Suite 101
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RehabConceptsPT.com