

Please join us for:

YOGA

at Olde Raleigh Village Clubhouse

Benefits of Yoga:

- Provides low-impact, full body workout
- Enhances flexibility, improves posture and increases strength
 - Challenges without being competitive
 - Compliments your other fitness activities
 - Relieves tension and stress
- Clears your mind, giving room for creativity and intuition to flourish
- Improves your physical and mental capability, so you may focus and inspire

Fall Classes will be held on Tuesday, Thursday and Saturday mornings beginning September 2nd, 2003

Saturdays 8:30 - 9:30 am - Fitness Yoga. Continuous pacing, linking postures in fluid sequences that build strength, flexibility and concentration.

Tues/Thurs 9:45 - 10:45 am - Fitness Yoga

Tues/Thurs 11:00 am - 12:00 pm - Yoga Basics. Designed for an introductory experience of Yoga or a more gentle and meditative practice.

Please join us for a free class

Please contact Sally Hanson-Griffie, Certified Yoga Instructor, at 919-662-1668 or sgriffie@nc.rr.com with any questions and to register.