



Winter 2012

Improve your overall health and well being as you learn basic yoga postures designed for all skill levels. Feel the stresses of the week fade away as body, mind, and breath come together.



Join Amy Mertz, Certified Yoga Teacher, for a session of Beginner Hatha Yoga. The class will emphasize correct form and use props (belts, blankets and blocks) to aid in alignment and comfort. This yoga practice will restore energy, reduce stress, and increase strength and flexibility.



Class is open to all ability levels. A limited number of yoga mats are available, but please bring your own if you have it.

Contact: Amy Mertz 989.448.8147
arosemertz@gmail.com or
Powerhouse Gym 989.732.0744



Sign Up NOW, registration to be completed in advance

Yoga for Beginners



Saturdays starting January 21st

8:00-9:00 am

8 WEEKS

\$48.00 for the session

