

Gentle Yoga

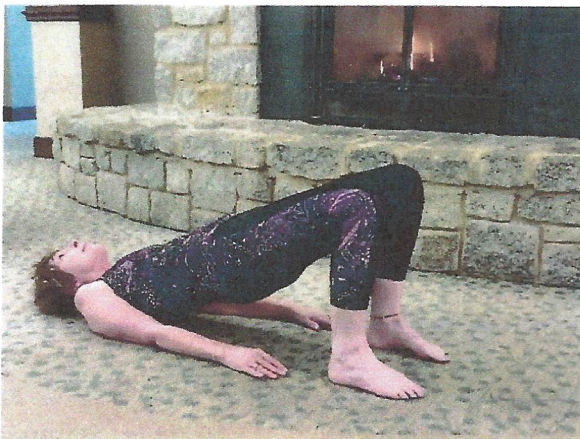
Jean Williamson, R.N., R.Y.T.

***Be the Best You
Can Be!***

**Please Join Me in the
Fitness Center
Saturday at 9:00 a.m.
Monday at 1:00 p.m.**

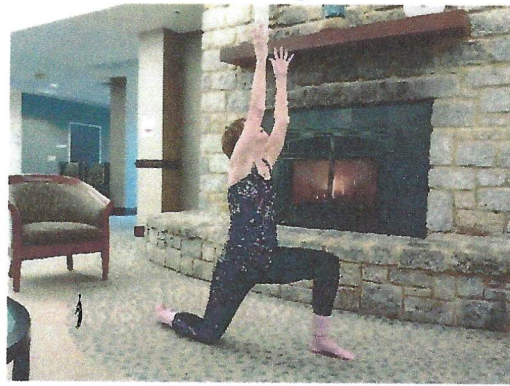
Why Practice Yoga?

Reduces Stress



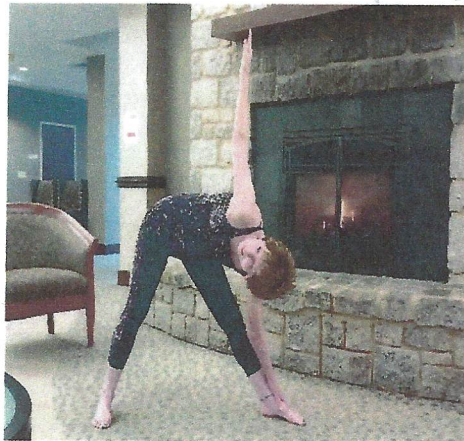
Yoga helps reduce stress and anxiety by encouraging mental and physical well-being.

Builds Strength



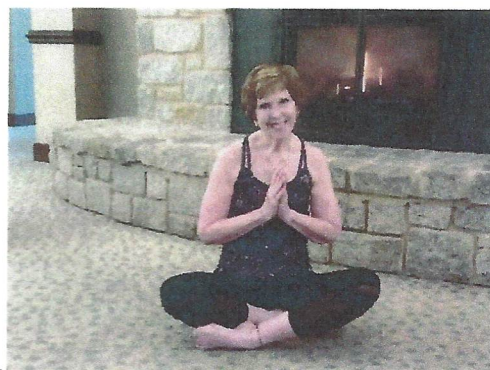
The regular practice of yoga helps build lean muscle and improves strength.

Improves Flexibility



Yoga increases your range of motion by moving your body in new ways.

Promotes Sleep



Yoga promotes restful sleep by calming and relaxing the body after a stressful day

Billy Chen