



Traditional Yoga

\$10/class \$35 for one month

Mondays, March 9-April 27

De-stress, revitalize and create feelings of well-being with traditional Indian yoga. Learn Sun Salutations and basic poses with modifications, breathing techniques, relaxation and chanting. Bring a yoga mat and water.

Jann received her certification at the Sivananda ashram at Neyyar Dam in Southern India. She's also been on the program staff at the Satchidananda ashram, Yogaville and for the Kids Yoga Camp at Val Morin Canada.

Meeting at the Fellowship Hall

St. Mark's Episcopal



18313 Lappans Rd, Boonsboro
For more info-240-409-5940
unityhagerstown@gmail.com
www.unityhagerstown.org



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