



Yoga After Work

Wednesdays 5:30-6:30

Join us for a gentle flowing yoga class using movement to quiet the mind. Each student is encouraged to explore how their own body feels within the postures, letting go of all expectations of what it should look like.

This class is a moving meditation,
a path to caring for body and your inner self simultaneously,
a way to be kind to yourself and relax.

The first class you attend is free,
After that, the class is \$10 per session.

Yoga is an act of
kindness that we practice
towards ourselves.

SpiritsChild Gift Shop
3870 W River Road, Suite 120

(southeast corner of Orange Grove and Thornydale in Marana Marketplace)

www.spiritschild.com



For more information, contact Linda RYT at spiritschildnews@yahoo.com