

# Dr. Sarah Rowley is **Now Teaching Yoga**

Tuesday Evening and Thursday Morning



The Class is for All Levels and All Ages (12 and over)

The Class will focus on the entire body to build strength and balance while also stretching the body.

**To Sign Up for the class: Email Dr. Sarah at [SarahRowleyYoga@gmail.com](mailto:SarahRowleyYoga@gmail.com)**

Mats, Blocks and Straps are available

Cost:

Drop In: \$12

5 Class Card: \$55

(expires in 60 days from first use)

10 Class Card: \$100

(expires in 120 days from first use)