



# *Yes Yoga at Pathways*

presented by Eva Rosenkranz, RYT<sup>®</sup>

***Discover new aliveness through yoga!***

Revitalize and renew on Saturday mornings with yoga! Discover a peaceful, nurturing, low-stress health and wellness program that helps you become more limber and flexible. Realize the added benefits of increased focus, reduced stress, and overall rejuvenation of body and mind, allowing you to experience a higher sense of energy. Breathing techniques and yoga postures together can be a powerful tool to transform your life!

Classes are **Saturday, 9:00 - 10:15 am**

at the Pathways Church

525 S Nolen Dr # 300

Southlake, TX 76092

The class is designed as a basic yoga class which is also appropriate for beginners. No prior knowledge is required. Please wear comfortable, non-restricting clothes, and bring a blanket, a beach towel or, if possible, yoga mat. First time participation is free.

For questions, please contact Eva at [evarosenkranz@tx.rr.com](mailto:evarosenkranz@tx.rr.com) .