



YOGA CLASSES AFTER MARIETTA MARKET!

Stretch, Soothe, and Support Your Body

The Benefits of Yoga Include:

- Increases Flexibility and Strength
- Improves Balance and Posture
- Elevates Mood
- Relieves Stress and Anxiety
- Aides Weight Loss and Digestion
- Removes Toxins
- Boosts Energy
- Alleviates Pain

Learn postures and breathing techniques to relax and rejuvenate your body and mind.



Jaclyn Downs is a Certified Yoga and Prenatal Yoga Instructor

Beginners Welcome!

A limited number of mats are available for use.
Bring water and a towel.

Classes are \$10 suggested donation

(No one turned away)

Sunday July 31

1:30-2:30

Front and Pine Streets

For more information, please contact:

Jaclyn Downs

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www.getbalancedwellness.com

