COPE Network 2705 Virginia Ave, Kalamazoo

All Level's Yoga Flow

Thursday 6pm to 7pm

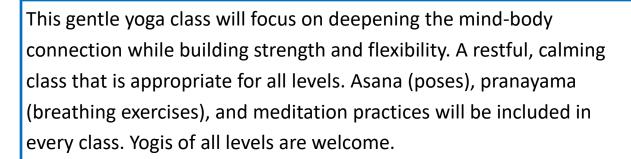
Class begins Sept 13th—Dec 2018

Instruction provided by Be Well Studios

Cost—Donation recommended \$5 -\$ 10

For schedule updates, class cancelation or schedule changes check website

copenetwork.org/events



Wear comfortable clothing, some yoga mats available.

Benefits of Yoga

- ◆ Increased flexibility
- ♦ Increased muscle strength and tone
- ♦ Improved respiration, energy and vitality
- ◆ Maintaining a balanced metabolism
- ♦ Manage stress
- ♦ Perfects posture
- ♦ Boosts immunity
- ♦ Helps focus

