

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

This gentle yoga class will focus on deepening the mind-body connection while building strength and flexibility. A restful, calming class that is appropriate for all levels. Asana (poses), pranayama (breathing exercises), and meditation practices will be included in every class. Yogis of all levels are welcome.

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