

YOGA

at the Olmsted Community Center
New Three Week Session with Kristen

In addition to relaxation and relief from stress, yoga brings improved
balance, strength and flexibility.

Please join me to begin or further your practice.

Where: Olmsted Community Center Room: Fitness Studio
8170 Mapleway Drive
Olmsted Falls, Ohio 44138

Dates: Tuesday, October 4th thru Tuesday, October 18th, 2011

Time: 7:00 pm – 8:00 pm

Fees: \$10 per class (or **all three classes** for \$24.00)

*Cash or check payable to **Serenity Yoga**

To register, contact Kristen at serenity.yoga@live.com or
by phone: (call or text) **440-241-6458**

Please bring a mat and blanket or towel.