

YOGA CLUB

Tuesdays, 3:45-4:30
in the OFMS Media Center
See Miss Schlabig in room 161 for more info

Sign up for each session at the Olmsted Community Center
or online at www.olmstedcc.com
\$20 for Fall Session / \$25 per Winter&Spring session

FALL SESSION STARTS:
Tuesday, October 8th

WINTER SESSION: January 14th - March 10th
SPRING SESSION: March 24th - May 26th

Why join yoga club?

- 1** Practicing yoga builds strength and flexibility
- 2** Learn relaxation and meditation techniques to help deal with stress
- 3** Practicing yoga and mindfulness helps you focus better in other parts of your life
- 4** Yoga can be modified for anyone, no matter skill or ability level
- 5** Join a fun and competition-free community

