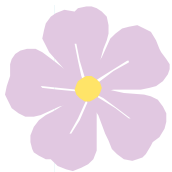
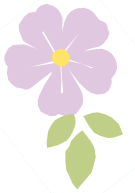
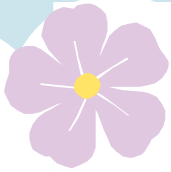


# Yoga

Every Tuesday

*\$10 per person per class*



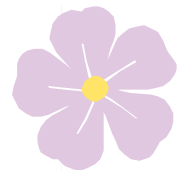
**Tuesdays from 11am-12pm with Mariangela Mancuso** Yogafit Certified

Mariangela has practiced yoga since 1996 and in 2007 became a Yogafit Certified. Yogafit mind-body workouts feature cardiovascular conditioning, function strength, flexibility, muscle balancing, relaxation and breath work. It brings a safe form of practice to the public that provides a workout for all body types.



## Benefits of Yoga:

- ✿ Improved Flexibility
- ✿ Improved Strength
- ✿ Improved Breathing
- ✿ Effects on other medical conditions
- ✿ and more
- ✿ Improved Concentration and mood
- ✿ Improved Posture
- ✿ Less stress, more calm
- ✿ Heart benefits



Information adapted from <http://www.webmd.com/balance/the-health-benefits-of-yoga>

