



INNER PEACE

Total Wellness for Everyone

Experience the many benefits of Yoga. This ancient healing practice strengthens muscles, bones, immune system, cardiovascular system, and that's just the beginning of it. It also gives you a sense of energy and calmness at the same time. Come find your inner peace!

Date Starting June 15, 2010, Tuesday
Tuesday Nights will be a 6 week beginner course
Monday and Thursday Nights will be ongoing.

Location **Jody Smith Chiropractic (Stemaco Building)**
www.jodysmithchiropractic.com
5139 Lapeer Rd
Kimball, MI 48074
(810) 966-1900

Time Monday Night 5:30pm
Tuesday Morning 9am
Tues , Thurs Night 7:30pm

Attire Wear comfortable, cotton exercise clothing; dress light

Cost • \$ 35.00 For the Six week Beginner Class
• \$28.00 For the month unlimited access