



# COME AND JOIN US FOR YOGA

## AFTER-SCHOOL KIDS' YOGA

## MORNING CLASS FOR ADULTS

Good Health. Flexibility. Clear Mind.

Make your day special with Liliya's yoga flow!

Graduate from Avalon Yoga Studio. Introducing various yoga styles, mudras and breathing techniques. Strong Core Vinyasa upon request.

All classes are on Mondays beginning September 11, 2017 in the PE Portable.

Kids' classes are at 3:00 pm. Adult classes begin at 8:20 am.

The cost is \$15 per class drop-in or \$60 per lass package (6 classes for \$10 each!).

All funds are donated to the CTE Home and School Club.

Bring your yoga mat, block and towel.

For more information:  
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