

Gentle Yoga

*With Alicia
Mandato*



Create Calm in your Body & Mind

Alicia will teach you how to open your body in this slow, gentle practice. You will experience the benefits of yoga as you increase flexibility and strength. Many feel less stress, sleep better, enjoy relief from pain, and lose weight with a dedicated practice. It works for Alicia, it can work for you!

**Wednesday 5:30 pm,
Thursday 9:30 am,**

**Questions? Call Alicia at 410 371 6839
or email**

**Alicia.mandato@comcast.net
\$5 first class, 10 Class Card \$100**