



Melissa Salazar—Goon

Yoga Classes Starting in January 2012



**Tuesdays
9:30-11:00 am**

**Wednesdays
8:15-9:15 pm**

**Contact Melissa to register or for more
information: 410-245-5557**

In 2003, a quest for alternative therapy began her yoga journey and a path was set. Believing any “body” can practice and benefit from yoga, her practice has brought balance, strength and flexibility both on and off the mat. Her welcoming style encourages transformation from the inside out.

Please join her in January to start YOUR yoga journey!

**The Cometa Wellness Center Studio
10151 York Road
Cockeysville, MD 21030**