

# FREE YOGA CLASS UNDER THE BRIDGE!

Saturday September 27, 2014

9:30 ~ 11:30 am

Cotter Big Spring Park ~ White River Access



## Yoga Is For *EVERYONE!*

Certified teachers will demonstrate and guide you into postures, offering modifications as needed.

Bring a mat if you have one, and a large towel to offer support and comfort in relaxation at the end.

In case of rain 2 separate classes will be held at Yes!Yoga Studio in Cotter.

Location: between Vance Vision & Shape Fitness gym on 62w.

Beginning Level will be at 9:30 am followed by Intermediate Level at 11:00 am.

more information at:

[yesyogaenergy.weebly.com](http://yesyogaenergy.weebly.com)