



DOWNINGTOWN YOGA *and Meditation Center*

Yoga Improves Your Life

Begins July 29

6 Mondays from 7:00 – 9:00 pm



Discover what the scientists have been researching – that yoga and meditation improve your life in every way. Along with physical improvements, your mood and perspective improve, bringing a quality of peace and happiness to your life. Join with other new students in learning easy ways to make an immediate difference in your quality of life.

This is slow yoga, meeting you where you are at and moving you ahead. Every pose is customized to your needs and abilities. You'll be amazed at how fast your body changes! Discover how easy it is to feel better. Learn to take care of your body in a whole new way, as you discover a deeper inner dimension that fills your heart and fuels your life.

6-week Series – \$110

Single Classes Available on Wednesdays & Saturdays

116 E. Lancaster Ave | Downingtown PA
downingtownyoga.org | 610.644.7555



Taught by:

Casey (Chiti) Aion

