



Personal Touch Yoga

with Polly Legenza, RYT, APP

Tuesday 10-11am and 6-7pm

Wednesday 6-7 pm

\$10/class

- semi-private - maximum 4 students/class
- personal instruction of yoga postures, yoga breathing and meditation
- poses are modified to meet the needs of each person
- benefits include increased fitness, energy and flexibility; improvement of many health conditions and injuries; feeling more peaceful and balanced
- all levels and abilities welcome

To register, contact Polly at 330-723-2684 or yinyangyou@gmail.com