

## Join us for a **FREE** class!

New to Yoga?

New to Iyengar Yoga?

New to the Center for Well-Being?

Come try a free class!

Yoga is a means to inspire, improve & transform your life.

We offer a variety of class levels from beginner to advanced. If you are new to yoga, we suggest our introductory series, gentle or Level I classes. If you have been practicing yoga but are new to Iyengar yoga, we suggest starting with a gentle or Level I class.

Any questions, please call the Center at 814.237.3042.

All of our fantastic teachers are Certified Iyengar Yoga Teachers - knowledgeable, caring and experienced.

We look forward to seeing you!

