

ASHANTI WARRIOR FITNESS & YOGA STUDIO

503 Rogers Avenue (btwn Midwood & Rutland)

YOGA FOR RELAXATION, HEALTH, AND VITALITY

WITH CERTIFIED YOGA INSTRUCTOR
RENÉE SKUBA

SATURDAYS | 9:45–11:00AM

\$15/class or \$130/10-pack

Open to all levels and appropriate for beginners.

Yoga is a powerful and practical system for health, fitness and self-growth. This class includes dynamic movement, postures for strength and flexibility, the science of breath, sound & rhythm, and meditation for an uplifting and revitalizing experience that works on one's physical, mental, emotional, and spiritual levels. Benefits include stress reduction, strengthened immune system, increased vitality, strength and flexibility, and mental, physical and emotional balance.

*Bring this flier to your first yoga class – \$10 October special!**

Q to Prospect Park stop. Left on Lincoln Rd., 2 1/2 blocks. Right on Rogers, 2 blocks.

*New students

ALSO OFFERED AT ASHANTI WARRIOR:

Personal Fitness Training • Fitness Classes
Nutrition Counseling • Massage • Harmonyum Healing

CONTACT: addo@ashantiwarrior.com | 646.232.4545 | 917.685.5289

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