

YOGA FOR LIFE

WITH
ANITA DER KEVORKIAN

Ages 14+



Focus on increased flexibility, controlled breathing, and relaxation through non-intimidating Yoga techniques.

Please bring a non-slip mat and comfortable clothing.

TUESDAYS
6:30-7:30 P.M.

Sept. 3-Oct. 1 • Oct. 15-Nov. 12 • Nov. 19-Dec. 17

\$35/5 weeks

**Location: Norwalk Arts and Sports Complex,
13000 Clarkdale Ave.**

Register now at the NASC, or online at norwalk.org.

For more information,
please call 562-929-5566.