

Start the New Year with a delightful yoga practice.

**GENTLE YOGA
FRIDAY JANUARY 6
8:30 - 9:30 A.M. \$10.00**

The parties are over, the presents are opened, and it's time to begin the new year. What better way to start than with a beautiful yoga and relaxation practice! Join Terri as she leads this gentle yoga, breath, and relaxation class focused on connecting with the body and breath and setting intentions for the new year.

**HAPPY NEW YEAR
YOGA CELEBRATION
FRIDAY, JANUARY 6
10:00 -11:30 A.M. \$12.00**

This lively yoga class will focus on detoxing the body after the food and festivities of the holidays. We will end with a nice relaxation and intention setting for the new year.

*Both classes at Many Waters Wellness Center
with Terri Cotts terricotts@lbminet/ 525-9058*