

What does a **FREE GOODIE BAG**
filled with Valuable **Gifts** from local
businesses have to do with **Yoga?**

Bring this flyer to your 1st Yoga Class and redeem your complimentary Goodie Bag!*

Top 5 reasons to do Yoga

- 1. It can balance your emotions**
- 2. It can improve your sleep**
- 3. It will improve your posture**
- 4. It can develop your physical and mental strength**
- 5. Meditation can change your life for the better**

Access class dates and times at :

www.experiencetrueself.com/yoga-classes



Experience True Self

*Contents of goodie bags may differ depending on sponsors' availability. Must pay regular price for your 1st class or a purchase a package to redeem your goodie bag. Learn more about local gift sponsors and class information at: www.experiencetrueself.com