

# Gentle Yoga

**WITH MEGAN**

PERFECT FOR ALL BODY TYPES AND LEVELS OF YOGA EXPERIENCE, THESE CLASSES  
FOCUS ON GENTLE STRETCHING THROUGH POSES & BREATHING TECHNIQUES.  
MEGAN VITALE IS A CERTIFIED, 200 HR. TRAINED, YOGA TEACHER.

**6 WEEK SESSIONS**

**MONDAYS**

5:30 PM- 6:30 PM

or

**TUESDAYS**

9:30 AM- 10:30 AM

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**\$60 FOR 6 CLASSES**

TO RESERVE YOUR SPOT  
CONTACT MEGAN AT:  
315-730-7321

MEGAN@KIDDINGAROUNDYOGA.COM



**CLASS MEETS AT  
THE CENTER, ONE HOFFMAN ST. AUBURN, NY**