

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

TUESDAYS

9:30 AM- 10:30 AM

THURSDAYS

9:30 AM- 10:30 AM

\$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