



Gentle Yoga

Beginning January 2018!

*1 hour classes on Tuesday evenings or Thursday mornings.

*Class fee is between \$10-\$12 per class

***Demo Classes available:**

Tuesday evening 1/23/18, 6:30pm-7:30pm

Thursday morning 1/25/18, 9:30am-10:30am

How would you like to explore Yoga from a perspective of beauty and awareness of the life you already know and love? Or perhaps de-stress from the daily grind and make your body, mind and spirit feel rejuvenated? Strengthen your body and complement your days with added energy, peace and healthier well being through "Gentle Yoga".

Instructor Cathy Hightower teams up with TLC Dance to bring you this enriching exercise program which is able to deliver all of the above and more! Cathy loved dance as a young girl and as a young mother found Pilates and later Yoga to keep fit. Her training and certification in Yoga has prepared her for this beneficial program and she is excited to share it with you in 2018!

Call TLC at 770-590-4234 and sign up now for a happier, healthier you!!



TLC Dance Studio
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