



# Gentle Yoga



**When: Monday Evening**

**7:00 pm – 8:00 pm**

Where: Southard School

115 Kent Road Howell, NJ.

**\$35 for one 5 week session (Space is limited!)**

Class taught by Dianne Suozzo

Session 1- May 14, 21, 28 June 4 & 11

*Flow yoga is a relaxing workout that is a complete detoxification and toning of all the muscles in the body. It massages all organs in the body while increasing flexibility & lubrication of the joints, ligaments, & tendons. Yoga improves circulation, stimulates the abdominal organs, and puts pressure on the glandular system of the body, which can generally result to better health.*

