



# Shenandoah Yoga

## FREE!

### Community

# YOGA CLASS

Winter Solstice Yoga - Sunday, December 20, 2009  
(7:00 to 8:30 PM)

- ♦ Take a break from the busy holiday season!
  - ♦ Relax and reduce stress.
- ♦ New & experienced students welcome. Bring a friend!
  - ♦ Foster a sense of well-being and calmness.
- ♦ Increase flexibility, strength, balance & co-ordination.

Shenandoah Yoga wants to say thank you to the local community for a great year!

In keeping with the holiday giving spirit, we are accepting optional donations of cash or non-perishable food items to go 100% toward feeding needy members of the local community.

All classes at  
135 South Main Street.  
Harrisonburg, Virginia

(Above Shenandoah Bicycle Company)

For more info, questions or to register:  
[www.shenandoahyoga.com](http://www.shenandoahyoga.com)  
[info@shenandoahyoga.com](mailto:info@shenandoahyoga.com)  
540-746-8468