



GENTLE YOGA

Come join us for gentle yoga class starting March 28th! Gentle yoga is offering full body movement and breath work while targeting the connective tissues of the hips, pelvis, and lower spine. It is a perfect complement to the dynamic and muscular styles of yoga. Suitable for all fitness levels. Learn a 12 minute work-out routine that you could practice at home. Reap benefits of practicing yoga such as improved balance, posture, enhanced coordination, build your strength, reduce stress, etc.

Instructor:

Cindy Beth Davis-Dykema

Kalon Arts and Yoga Company

Cindy Beth completed Anamaya Yoga Alliance Teacher Training and has been a Yoga Instructor for over 5 years. She has offered Summer Beach Yoga in Pentwater State Park. Now offering Yoga classes at Lakeside Rehab and Family Fitness.



**Tuesdays at 6pm
at Lakeside Fitness**

**All levels of fitness
and drop-ins
welcome**

**Relaxed
Atmosphere**

**Free for current
Lakeside Gym-plus
members**

**Please stop by, call
or message with
any questions.**

**LAKESIDE REHAB &
FAMILY FITNESS**

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www.LakesideRehab.com

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