

Smoky Mountain Endeavors, Inc



Women's Wellness Program

Yoga

Monday @ 9:00 am- Smoky Mountain Endeavors, Inc.

Monday @ 4:00 pm- Cosby Elementary, (small gym)

Wednesday @ 4:30 pm- Smoky Mountain Endeavors, Inc.

Come and enjoy Hatha style yoga! A flowing style of yoga with no religious affiliations. Get great gains, both physically and mentally training with a certified yoga instructor!

Clear Benefits of Yoga:

- Revitalization of mind and body
- Increased muscle strength and flexibility
- Improved blood circulation and cardiovascular capacity
- Stress reduction
- Improved self awareness and confidence
- Release of harmful toxins within the body

The Program:

- Intended for the beginner to intermediate yoga student. Advanced classes taught upon special request.

The Instructor:

- The instructor is personable, fun, knowledgeable and professional!
- 10 years experience with multiple certifications while instructing at nationally known fitness and wellness centers.

Equipment / Items needed:

- A personal yoga mat is preferred (but not mandatory) and can be inexpensively purchased at Wal-Mart.
- Wear clothing that allows for free movement.

Sessions / Registration / Payment:

- The cost is \$10 for drop-in (one hour session), or get a punch card good for 8 sessions for just \$64.
- All monies paid are non-refundable.
- Classes held at Smoky Mountain Endeavors, Inc. 462 Middle Creek Rd., Cosby
- Please register at least 1 day prior to ensure a spot!
- *New!* Class at Cosby Elementary (by donation).

Smoky Mountain Endeavors Inc. Women's Wellness Program...

Assisting you in the achievement of a healthy, happy, and stress-free lifestyle!

Contact Colleen Schreder at (423) 487-3759 www.smokymountainendeavors.com