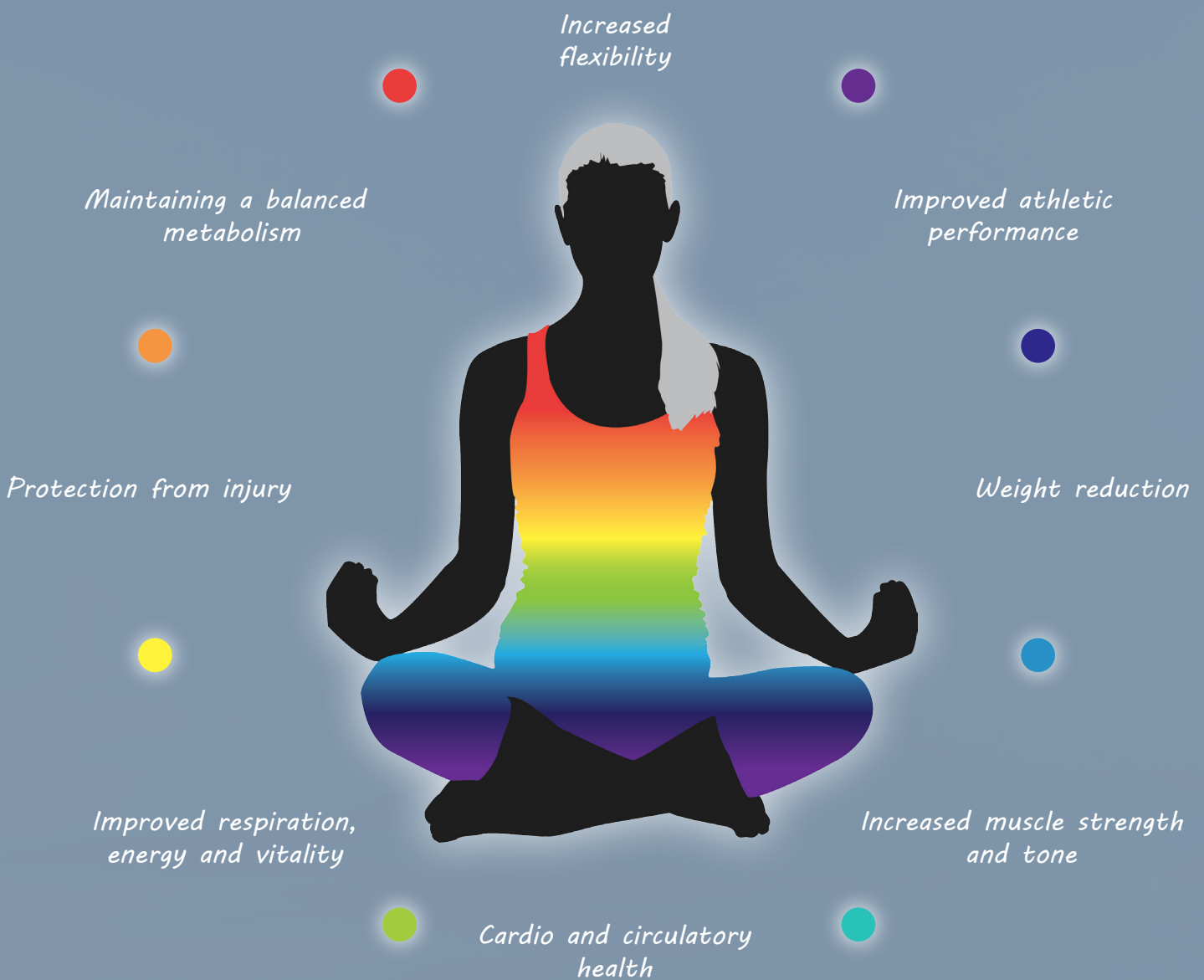


YOGA AWARENESS

Finding balance within your life

The purpose of yoga is to create strength, awareness and harmony in both the mind and body.



Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration

NAMASTE