

# **YOGA FOR EVERY-BODY With Roshni Darnal**

## **Take a breath**

**Come experience the many benefits of yoga**

- Cultivate Body Awareness
  - Breath work
- Increase Range of Motion
- Repaire & Restore Tired Muscles
- Nurture & Rejuvenate The Cells In the Body
- Appropriate for all levels.

**Starting May 2nd, 2017**

**Tuesdays 5:30-6:30pm**

**Vedanta Society of Providence**

**227 Angell Street**

**Providence, RI 02906**

**\$10 per class**

**\$40 for a two month session**

<http://www.vedantaprov.org/newsletter.html>

<https://www.facebook.com/yogaatssyc/>

